THE CRAZY WISDOM COMMUNITY JOURNAL

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Issue No. 42

MAY THROUGH AUGUST 2009

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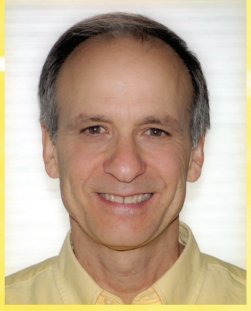

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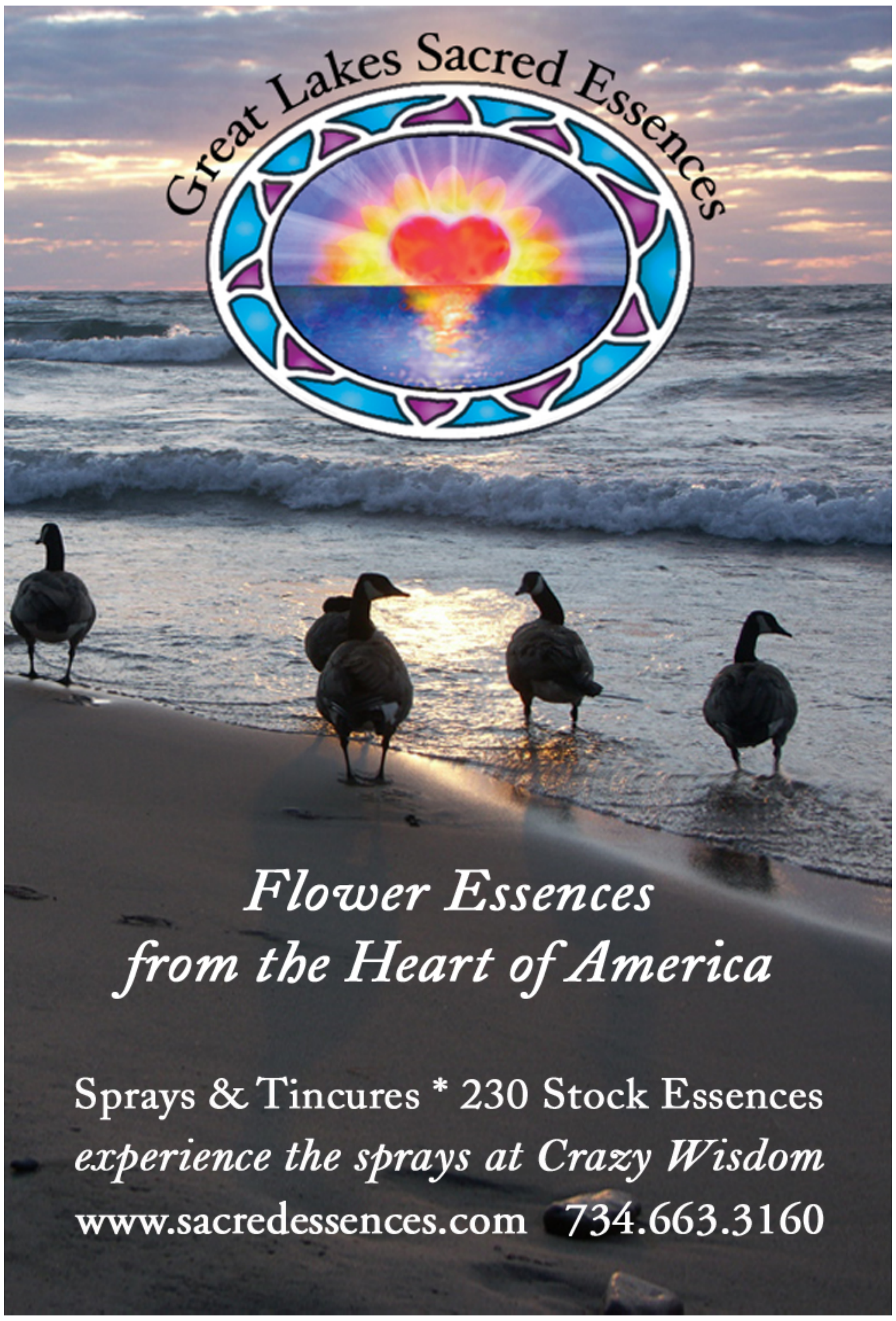

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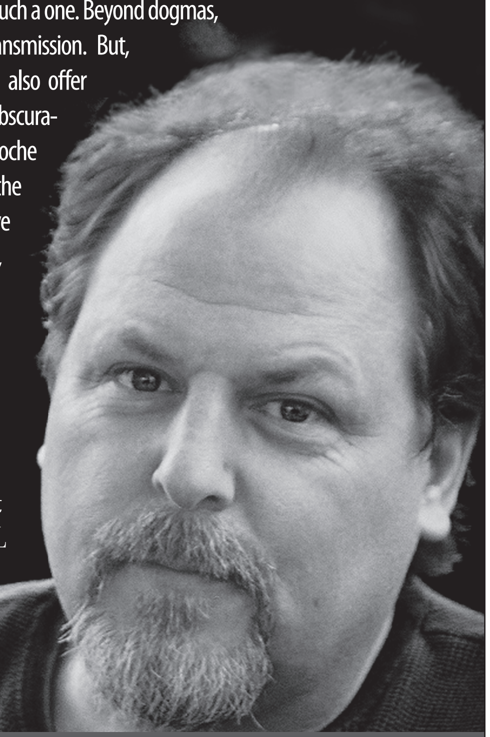

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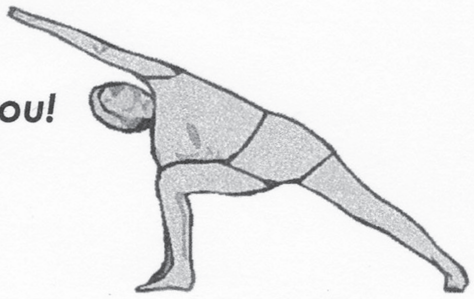

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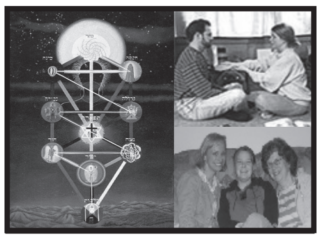

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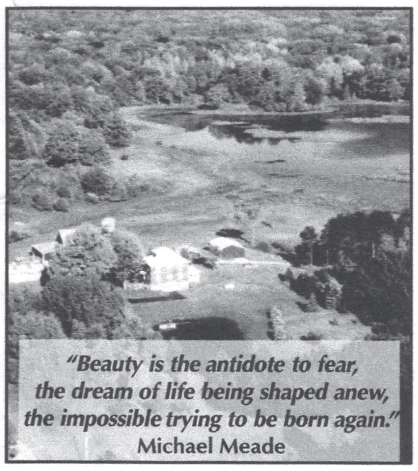

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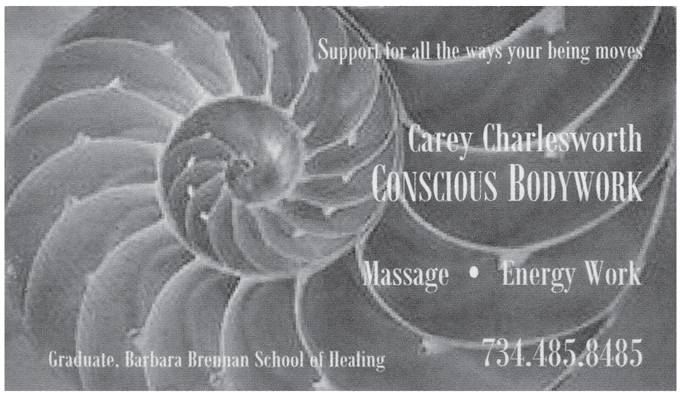

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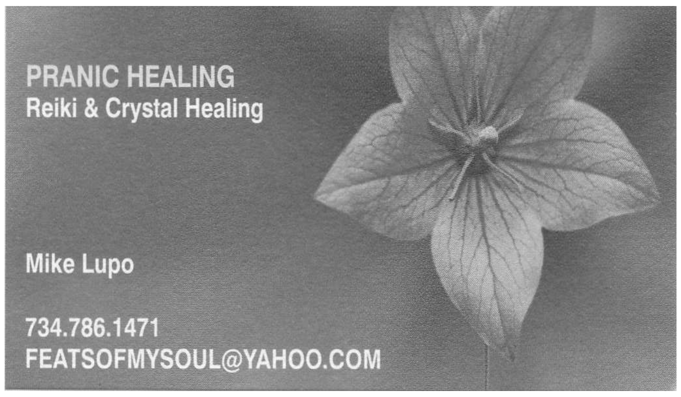

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Since l982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

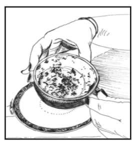
In This Issue

What's New in the Community
By Jennifer Eberbach ……………Page 7

Sustainable Health –
Path to the Garden:
The Truth about Vitamins and Anti-Oxidants
By Judy Stone ……………Page 13

Co-housing – A Look at Ann Arbor's Three Thriving Cross-Generational Intentional Communities
By Sarah Rigg ……………Page 14

Amazing Grace –
Barbara Brodsky's Healing Journey Continues .....Page 23



Reading Tea Leaves -- Dabbling with divinity in a tea cup
By Colette Gehr ……………Page 24

Music Reviews by Sarah Newland ……………Page 25

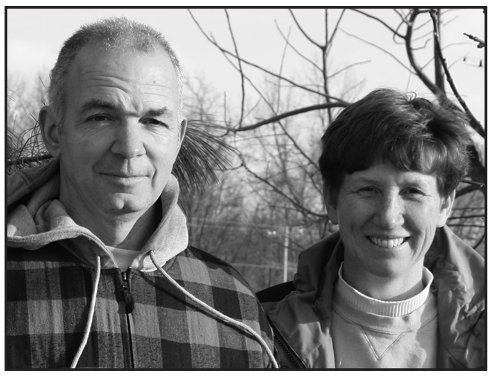
Community Supported Agriculture –
A Special 13-Page Section: Photos and Useful Info about CSA Farms in the Ann Arbor Area to Help You Buy and Eat Locally Grown Food
By Rachel Pastiva ……………Page 27

Poetry Page ……………Page 40

The Crazy Wisdom Calendar Section……………Starts on Page 41

The Calendar
Edited by Sarah Newland……………Page 42

Questions for:
Pediatrician Susan McCreadie……………Page 43
Chiropractor/Naturopath Andréa Brisson……………Page 50
Dancer Stefanie Cohen……………Page 57
Roughhousing Coach Chris Barbeau……………Page 67



Richard Andres, Deb Lentz
of Tantré Farm

Paul Bantle and Anne Elder
of Community Farm

Background Info on the Teachers……………Page 65

The Business Cards……………Pages 4, 47, 49, 51, 53 & 55

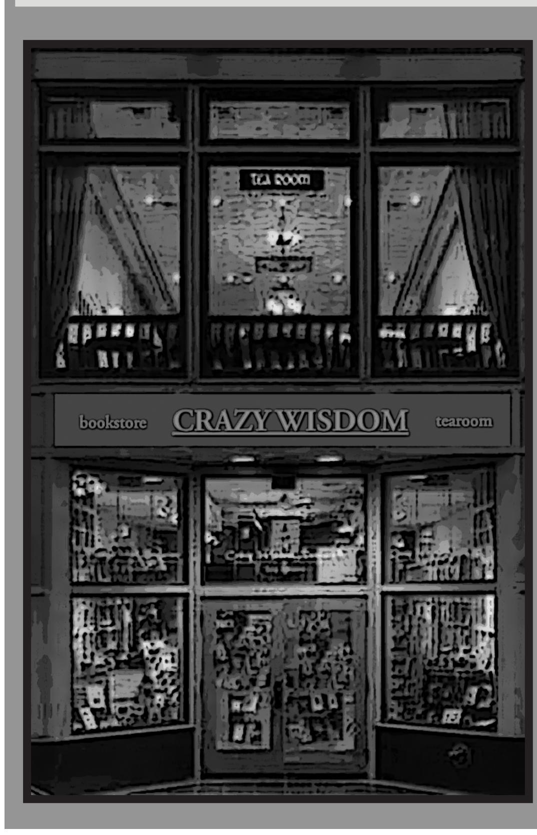
Calendar Submissions:

The deadline for free calendar submissions for the September thru December 2009 issue is **Wednesday, July 29th**

Ad Submissions:

The deadline for paid advertising is **Wednesday, August 19th**

The issue will be distributed starting in the first week of September. 5,500 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 65 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net



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Crazy Wisdom Bookstore was founded in 1982. It has been owned since l989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Calendar Editor: Sarah Newland. Production and Design Editors: Molly Nuzzo and Carol Karr. Front Cover Design: Carol Karr. Advertising Coordination: Carol Karr and Bill Zirinsky. *What's New* Columnist: Jennifer Eberbach. Senior Photographer: Linda Lawson. Photography: Susan Kravitz Ayer , Kris Doten, Carol Karr , Griffin Lindsay, Mary Runser, Ruth Schekter, and others. Artwork by Terri Myers. Writers for this issue: Barbara Brodsky, Colette Gehr, Sarah Newland, Rachel Pastiva, Sarah Rigg, Judy Stone, Bill Zirinsky. New Page Designs: Carol Karr. The Crazy Wisdom Calendar, and some of the articles in this issue, is posted on our website as of May 6th, 2009. Background Information on the Teachers, Practitioners, Workshop Leaders, and Centers listed in the Calendar are also posted on our website as of May 6th, 2009.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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What's New in the Community

By Jen Eberbach

This ongoing column features upcoming events within our Ann Arbor/Ypsilanti and surrounding areas' Mind-Body-Spirit communities, new (during the past year) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.

New Practitioners and Businesses

***Naked Voice* singing facilitator and therapeutic yoga instructor Jody Tull has returned to Ann Arbor, after living in England for several years. She has brought her business, *Nourishing Traditions*, along with her.** While living in England, she received facilitator's certification from U.K. based Naked Voice founder Chloë Goodchild. Jody also holds an M.A. in music education from Columbia University.

Unlike many types of vocal training, Naked Voice singing is "not dependent on music theory or literacy, but instead on sourcing, through sound, the resonance of any emotion that rings true for that individual." Jody views Naked Voice singing as "a language of the spirit, that transcends culture and creed, and accesses a rich reservoir of wisdom that comes from calming the mind and listening." She continues, "Within that wisdom, fears are let go, and there is a deep awakening of awareness, compassion, and vibrant health."

Naked Voice singing is considered to be "the yoga of sound," Jody explains. "By resting in the silence from which the breath informs the sound, and singing without preconceived notions about what it should sound like, the individual tunes into the rhythm, pulse, resonance and sound of their true nature," she says. On a vibrational level, singing has therapeutic value. "Students learn how to target sound vibration to any one of the seven energy centers in the body, called chakras, which release tension and negative emotions trapped at the cellular level. Doing so unleashes the ultimate fountain of life-force the yogis call *prana*, from within," she explains.

During Naked Voice singing sessions, Jody teaches her students to sing chants, mantras, musical modes, songs, and improvisation. It does not require any music background or the ability to read music, although trained musicians benefit from the practice. Rather, students are encouraged "to tune into the *sounding field* that's always been there," she says. Char concludes, "It's about prioritizing that still place within, and trusting its expression through unedited sound."

Singing Facilitator and Therapeutic Yoga Instructor Jody Tull has returned to Ann Arbor

Between August 23 - 29, Jody and her husband Rupert will take "yoga students of all ages and abilities" on the fourth annual retreat to Soglio, Switzerland. Each day will feature unique and varied field trips along with yoga, meditation and Naked Voice singing fields. "There is something magical about Soglio and the people who care for it. Through the yoga practices we see, taste, smell and feel the beauty of the Swiss Italian Alps," she says.

Jody's business, Nourishing Traditions, will offer Thai yoga and Ayurveda massage and consultation, Sivananda Classical Yoga, organic gardening, meditation, chanting circles and Naked Voice singing. Those interested in joining Jody in Switzerland can learn more and register at www.shapingsound.com. For more information about the retreat, Naked Voice singing, or other offerings from Nourishing Traditions, contact Jody Tull by phone, at (734) 213-0435, or email info@shapingsound.com.

Physician and psychotherapist Dr. Janet Greenhut has opened a private practice in order to offer counseling sessions focused on Medication Management and coping with illness. She has built a long career in medicine, utilizing her qualifications in clinical preventative medicine, primary care, and public health, and she currently serves as Senior Medical Consultant at HealthMedia Inc., an online health coaching resource. Janet opened her private practice in order to counsel patients struggling to manage their medications, chronically or seriously ill patients, and adults suffering from depression, anxiety, and ADD.

Years ago, Janet was exposed to a variety of holistic approaches, while working along side holistic practitioners and healers at a multidisciplinary health center in Baltimore, Maryland. Her experiences inspired her to approach the way she relates to her patients in a way that takes their minds, bodies, and spirits into consideration. She explains, many patients "may feel like their doctor is taking good care of them physically, but they are unable to talk about what their illness experience has been like, and that's something I actually enjoy doing," she says.

According to Janet, "barriers" to managing medication can be voluntary or involuntary. Sometimes people make mistakes like "forgetting to take their medicine, taking the wrong dose, being too busy, or not having your medication on you." However, there are also common voluntary reasons people intentionally ignore doctor's orders, including "feeling like it's unnatural to take medication," or else "they want to be in control of their own care," according to Janet. In her practice, she works with patients and their primary care doctors in order "make their regimen easier to follow," she explains.

Janet also facilitates a Diabetes Conversation Mapping group designed by the American Diabetes Association, and she wants to plan a similar group for people living with chronic pain and illness. Dr. Janet Greenhut runs her private practices on top of her other responsibilities, and she is generally available between the hours of 5:30 - 7:30pm, or at other times by special appointment. Find out more about her online, at http://drjanetgreenhut.com. Her private practice is located at 103 East Liberty, Suite 203, and you may contact her by phone, at (734) 302-0230.

Physician and Psychotherapist Dr. Janet Greenhut

Continued on page 8

What's New in the Community

Continued from page 7

Astrologer and social worker Richard Smoot has started a new astrology business. Richard is a Practical Western Astrologer with 35 years of experience, and he believes that an individual's *natal chart*, or birth information, can reveal a lot about their personality, life circumstances, and the direction they are heading.

After examining a person's astrological information, Richard gathers "insight into your personal 'road map' of life, your style, motivation and drive, and the cyclic energies that exist at any given time." He explains, "I point out all of the areas in their life where there is a lot of potential, learning areas, attitudes, and their belief system." He believes that astrological information offers him insight into his clients' circumstances and the factors that influence their lives at a given stage of their maturity. "What that does is to help people to see themselves in ways they have never seen before," he concludes.

As a registered social worker of 15 years, Richard also offers counseling to interested clients that reaches beyond the realm of astrology. In his sessions, "I don't offer advice, I have them drag out their own advice," he explains. Richard prefers to "make recommendations or outline what is going on," based upon astrological data, "so they can make their own decisions," he says.

Before starting his new astrology business, Richard owned two websites, which sold astrological software to other astrologers. As an independent practitioner, he offers astrological consultations in person and over the phone, classes/workshops, and he actively lectures around the world. He offers a range of services, including Solar Returns, Electional astrology, Horary astrology, and Locational astrology. For more information about Richard Smoot, visit him at www.richardjsmoot.com. Contact him by phone (734) 320-2783.

Licensed Esthetician Mariah Newborne recently opened a new business, *Balanced Touch Natural Skin & Body Care*. Mariah has completed a comprehensive training program designed by Weleda skin care products, www.weleda.com. She is inspired by their natural, biodynamic skin care line, and she is now offering a wide variety of skin care treatments using their products. She is also certified in Jin Shin Jyutsu, Acupressure, Reiki, and MariEl-Reiki.

The natural products she uses are made from ingredients grown utilizing biodynamic farming methods. In part, this means Weleda maintains a sustainable impact on the local environments and communities where their ingredients are cultivated, paying adherence to certain natural growing techniques, and using natural preservatives and alcohol.

There are many benefits to getting natural skin care treatments, as opposed to traditional chemical peels or methods of scrapping off layers of the skin. Mariah decided, "Although there can be a place for those kinds of things, it's not a place for me." Mariah prefers holistic, natural skin care, and she takes a particular interest in "how the skin reflects what's going on in the inside," whether our skin is affected by "exercise, stress levels in our life, or our general health," according to Mariah.

Balanced Touch also offers "Self-Care Coaching," classes, and private sessions in home self-care. Find out more about Mariah Newborne and Balanced Touch Natural Skin & Body Care online, at: www.naturalskincareannarbor.com. The business is located at 180 Little Lake Drive, Unit 4, and she shares the space with her husband, acupuncturist Gary Merel. Call Mariah at (734) 657-4652 for a free consultation, or for more information about the services she offers.

New Offerings by Established Businesses and Practitioners

Registered Nurse and Massage Therapist Char Hatlen received certification in *Healing Touch*, in 2008, and she is offering the therapy to her clients. Healing Touch is an "energy therapy" developed by nurses nearly 30 years ago that incorporates "ancient and contemporary modalities of laying on the hands," Char explains. She has seen evidence of how its practice can bring balance to people's physical, emotional, and spiritual energy fields.

As a registered nurse of 31 years, Char has experienced the healing value of touch. "If you are a nurse and you are listening to someone's lungs, then how you hold their back makes a big difference. If you are giving them a bath in their bed, touch is really important," she says. "Healing Touch a nurse's way to connect ourselves with all of the tools we need - intuitive, technical, and touch," Char explains.

For those who have not experienced the practice, it may be difficult to know what to expect from a Healing Touch session. She explains that "each session begins with a discussion about what they want to improve, whether they have a physical problem, or stress, or maybe they are unguided and undirected in where they are going in their life." After the discussion, the client gets comfortable on Char's massage table, fully clothed.

Registered Nurse and Massage Therapist Char Hatlen

The session "requires the practitioner to put their hands through the field and see if there is any sense of disturbance," according to Char, which can mean touching the body or sweeping the hands near the body. Her intuitive abilities usually come to her through her hands, which she notes are her "primary way of receiving information from the field." By senses a client's energy field, she receives "information about the problem." She is then able to ask, "Is there something here that needs to be cleared?" or "is it there for a reason?"

Sound Shaman Norma Gentile

Her training in Healing Touch incorporated different modalities and techniques, with an emphasis on "the energy field, the auras, the chakras, and how we can influence those by sensitizing our hands to pick up the energies, and then to help clients with whatever is bothering them at the moment - physical, emotional, spiritual, or mental." Her training also prepared her for higher level and celestial work, including *chelation therapy*, which she describes as "higher intensity vibrations that cleanse the field and, although it sounds a little crude, Rotor Root the chakras in order to spin out a lot of the debris and the things that are being held back."

Char is also the current President of the Board of Directors of the Great Lakes Center for Healing Touch, www.greatlakeshealingtouch.org, a student center dedicated to teaching new Healing Touch practitioners and offering discounted sessions to the public. Discounted sessions by student practitioners are available Tuesday nights at the Center for Sacred Living. She reports that the student center provides curious newcomers "a good way to dabble." Char Hatlen practices out of the Center for Sacred Living, which is located at 2020 Hogback Road, Suite 16. To schedule an appointment, phone her at (734) 260-6377, Monday - Friday during business hours.

Sound Shaman Norma Gentile recently re-released a CD of *Meditation Chants by Hildegard von Bingen*. She actively performs live, leads workshops, and offers one-on-one healing sessions with clients. In a description of her new CD release, she says, "As I sing, I feel and see the energy patterns in the room clear, as one by one clouds seem to lift off of those listening.”

She reports that she can sense and see “energies that give me tangible feedback of what is going on in the room.” She believes that this phenomenon “goes beyond the qualities of the music,” because it also depends on “the quality of its reception.” She has found that the audience “brings their own energies with them, and the energies that their guides bring ahead of time. She believes her role as a healer is to “allow the intelligence of all levels of energies.”

Hildegard was an influential nun born in central Germany, in 1098. As a child, she experienced what Norma describes as “rigid states, where she couldn’t communicate, or speak, and it would take a day for her to recover.” Norma believes that Hildegard’s fits were caused by spiritual visions.

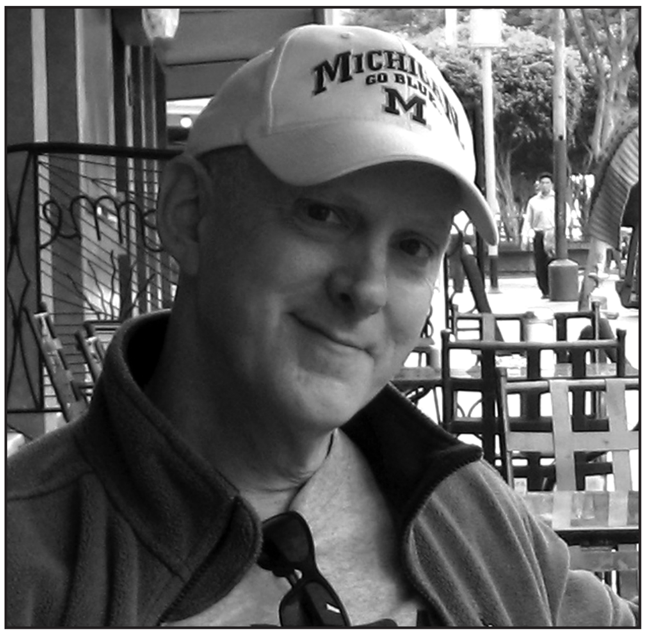
In great concern, Hildegard’s family sent her to live at a monastery. In the coming decades, her influence on spiritual thought was to reach the highest offices of the church. However, during the first part of her life, she remained guarded about her spiritual fits and the spiritual knowledge she was receiving.

At the age of 42, Hildegard took seriously ill. During this time, she admitted her visions and abilities to her friend, Uta, who shared the information with a monk in the monastery named Volmar, who in turn offered to transcribe Hildegard’s visions and compositions.

Fortunately, Hildegard’s health improved, and years later she received a letter that the Pope was intrigued by the rumor that there was a woman writing a book. After sending a contingent to collect her writings, the Pope gave his blessing for it to be published.

In the later part of her life, Hildegard became well-known among European nobles, popes, and kings as a source of spiritual counseling. By the end of her life, Hildegard had founded two monasteries of her own and composed many works, including a morality play, which is considered to be the first known opera.

Norma is particularly interested in Hildegard’s life experiences and compositions, she feels like the story is germane to her own experiences as a sound healer. “I see how energy connects to people, how we have guides, and I see how she was in a similar situation. I see her as an energy healer,” she explains. She suggests that the “recording may be used to assist individual or group meditations,” as well as during yoga classes, Reiki, or other healing arts. For more information, visit Norma Gentile’s website, at www.healingchants.com. You can contact her by phone, at (734) 330-3997, or email info@healingchants.com.



Ken Land, Clinical Director of *The Counseling Center of Ann Arbor*

Psychotherapist and life coach Christine Wucherer is offering private sessions and group retreats based on her program, “A Woman’s Guide to Saner Living.” She is exploring this niche in her work with clients, and she is growing her blog www.awomensguidetosanerliving.com in order to teach women, and the men in their lives, how to “self-actualize what they want out of life,” without feeling overwhelm or overburdened.

In her experience, Chris sees women overextending themselves, whether it is due to their desire to take care of others, manage both family and career at the same time, or other responsibilities that many women feel. “It’s really hard for women to put themselves into the equation of their own life,” Chris explains, adding, “We end up expending all of our energy and not keeping any of it for ourselves.” She hopes to teach women to “say ‘Yes’ to themselves,” she says.

Chris works with her clients to set practical intentions towards their “life vision,” which she describes as “a three-dimensional image of how we see ourselves at an older state, so it’s your older, wiser self at any point that you pick,” whether 5 years, or 50 years. Sessions with Chris help give women and men alike practical ways to “care for themselves,” by doing small things on a daily basis towards “actualizing and manifesting their goal,” she says.

One of the most significant challenges facing women, according to Chris, is time management. She thinks that “taking time to slow down and live in the moment,” is an important part of maintaining a balanced life. Sometimes this means saying ‘Yes’ to yourself, according to Chris, however she also stresses that “I try to teach women it’s OK to say ‘No,’ sometimes.”

Chris’ tailors her sessions to the unique personality of each individual. However, she has discovered a number of useful tools and exercises that help people confidently work towards a saner life. “Big goals are too much for us to handle, so we want to break them down into manageable pieces,” she added, concluding, “If you just do one or two things towards your goal everyday, in a month you will have done between 30 and 60 things towards your goal.”

Chris is working on growing her blog into an open discussion space and “eventually build an online community where people can talk back and forth about how they stay sane.” Currently, she has a number of articles, thoughts, links, and other resources up the site that relate to Saner Living, which also provide as a good introduction to her coaching approach.

Psychotherapist and life coach Christine Wucherer

Chris also leads Groups and Retreats on Saner Living. Some are only open to women, however she encourages men to schedule private sessions with her, and invites them to contact her for more information about future events. For more information, visit Christine Wucherer’s blog at, www.awomensguidetosanerliving.com. Her office is located at the Center for Work and Life, 708 West Huron Street, Suite 5. You may contact by phone, at (734) 669-7202, or email chris@centerforworkandlife.com

Ken Land, Clinical Director of *The Counseling Center of Ann Arbor*, has created *Storytelling Therapy* ™, which he offers to his clients, as well as a training seminar, entitled “The Art and Science of Storytelling Therapy ™,” and he is currently writing a book outlining the technique. He explains that Storytelling Therapy ™ is the practice of using stories to “get access to the back of a person’s mind with certain language that the listener uses.” Ken has found that his stories, “Start them pondering, ‘What does this have to do with me?’ They’re asking it in a very literal way.”

One of the unique qualities of storytelling is that it allows him to “intervene” with his patients, without intimating them with blunt critique or other things that “look like therapy,” he says. “People don’t like risk and people don’t like critical feedback. If it’s contextual to a story, it’s easier. It’s not as threatening, because it’s a story,” he elaborates. However, he is still able to present his clients with major life choices, and he can intervene on disruptive behaviors. He elaborates with a metaphor. As “gatekeeper,” Ken’s task is to layout choices before a client, and then “the intervention consists of eliminating gateways,” he tells.

Ken tries to adapt his stories to each individual’s personality, culture, and “their individual language,” he explains. In general, “The story is captivating. The language becomes the artistry of producing a captivating story that is germane to what they are trying to give me access to.” Find out more about Storytelling Therapy ™, at: www.storytellingtherapy.com. Contact Ken Land by cell phone with confidential voice mail at 734) 320-5805, or his office at (734) 761-7204, or email him at: landkk@comcast.net.

Continued on page 10

What's New in the Community

Continued from page 9

Certified bodywork and massage therapist Jessica Kilbourne

Certified bodywork and massage therapist Jessica Kilbourne was recently certified in *Massage Cupping* ™. During a treatment, Jessica positions numerous glass or plastic suction cups on her client's body, commonly their back, face, or other parts of the body. "By creating suction and negative pressure, Massage Cupping ™ bodywork is used to drain excess fluids and toxins, loosen adhesions and lift connective tissue, and bring blood flow to stagnant muscles and skin," according to the official website, www.massagecupping.com.

The suction draws skin and deeper tissues up into the cup, which can look pretty odd and painful to those who are unfamiliar with the technique. However, Jessica explains that although it may look strange, cupping "isn't painful." It is also important for newcomers to know that discoloration of the skin is likely to occur, and that these marks may be visible for hours, days, or longer. Some of her treatments involve attaching cups to the face, however Jessica assures that "those don't leave a mark."

Jessica explains "the hickey-like things that appear on the body," indicate "how much toxic blood has been pulled to the surface of the skin." The discolorations are a desired result of the treatment, as they "tell me that there is more stagnation in the blood or lymphatic system, the muscles are contracting, or there is toxicity," she say, adding "it gives you clues to patterns that are going on, or where toxins are being stored throughout the body." Jessica Kilbourne offers Massage Cupping ™ sessions on their own, and in conjunction with a range of massage and bodywork therapies. Her practice is located at the Ypsi Studio, located at 208 W. Michigan Ave, in Ypsilanti. To find out more about Jessica Kilbourne, visit www.ypsistudio.com. Call the Ypsi Studio at (734) 845-0542, or email Jessica at jkilbourn@emich.edu

Life coach and astrologer Jillian Kerry has created a new coaching program, ***Creating an Intentional Life*****.** The program is designed to help her clients "create what they want in their life, and not live on unconscious auto-pilot," she says. Jillian describes herself as a "Possibilities Coach," and encourages people to "know your purpose in life and create that for yourself," while also recognizing the possibility of "gifts within adversity," she explains.

Jillian reminds that "everything is energy." She believes that our intentions can manifest themselves in our everyday realities. She explains, "It's not a thought that manifests, it's the emotion you attach to that thought that is going to attract positive or negative energies," she elaborated. She think of energy as either "flowing, or we are blocking it," she says, continuing, "When you learn how to unblock that energy, there'll be this flow."

One of Jillian goals is to inspire her clients to "embrace the things you think are negative and pay gratitude to what you have." A client may come to her complaining about their debt. "I ask them, 'Why are you in debt,' and they say, 'Well, I had to pay for my education. I've been paying off those bills ever since.' I say, 'So what? You have an education and that's the beauty of that debt," she explains.

Jillian offers coaching sessions, consultations, and astrology readings, by employing a unique system for charging her clients. She asks clients to pay based on the value they receive from the program, encouraging them to set their own rates. She explains, "I take total responsibility for attracting," and her open fee structure, "is a good way to get feedback if something's not working, so I can improve myself and my practice." To find out more about Jillian Kerry, visit her website: www.jilliankerry.com. Contact her by phone, at (734) 395-4999, or email jilliankerry@gmail.com

Life Coach and Astrologer Jillian Kerry

Upcoming Events

Massage Therapist, Infant Massage Instructor, and Reiki Master Ann Zalek is offering classes in ***Dunstan Baby Language*****, a newly discovered system of understanding the language of babies.** The technique was founded by Priscilla Dunstan, an Australian mezzo-soprano who was able to decipher the language of babies with her incredible capacity for auditory memory - think photographic-hearing. Ann's Dunstan Baby Language classes train parents to hear the five distinct sounds that all newborn babies make before three months. If a baby is crying, parents know they are probably hungry, sleepy, unconformable, gassy, or they need to be burped. What many do not know is that all babies communicate these needs vocally, with respective Neh, Owh, Heh, Eairh, or Eh sounds. The five words are not generated by any kind of linguistic understanding. Rather the sounds correlate to physical sound reflexes that all babies experience. For example, if your baby says "Eh" and the Dunstan system tells you that means she needs to be burped, she is experiencing a physical reflex to a growing air bubble.

Ann's Dunstan Baby Language classes help parents "tune their ear to what their babies are saying," she explains. They are structured to introduce parents to the qualities of each of the five words, give them loads of practice hearing recordings of different cries, and help them implement the tools in their daily relationship with their baby. Ann's students also receive a copy of Priscilla's DVD with the class.

With enough practice, parents can use Dunstan to "have a more positive relationship with their baby," Ann says. New parents know that a happy baby is a quiet baby, which leads to less stress and more sleep for everyone. "Knowing these five sounds really gets you through the times when you ask yourself, 'Man, I just don't know what she needs?' If you can take away a little of that stress, that's huge," she concludes.

Although the system is relatively simple and straightforward, there are a few aspects of it that can be tricky at first. The five words happen during a baby's pre-cry. Ann points out, "Once they are hysterical, it is much more difficult to decipher what they are saying." Another important bit of advice she gives to parents is to "stop, look, and listen." She stresses that "you have to look for the little clues they give you." For example, "there are non-verbal cues that you get along with the sounds. If a baby says, 'Ow,' it's a yawn reflex. You are looking for the oval shape of the mouth or they might be rubbing their eyes," she explains.

For more information about Ann Zalek, visit www.dunstanbabyclassMI.com, or find out about the work she does at the TheraCare Therapeutic Massage & Healing Arts Center, at: www.TheracareMassageTherapy.com. To view a full listing of upcoming Dunstan Baby Language classes, which she will hold at the Lamaze Family Center, in conjunction with TheraCare Inc., visit www.lamazefamilycenter.org. The Lamaze Family Center is located at 2500 Packard, Suite 101. Phone her at (734) 255-0403, or (734) 332-3800, or email her at ann@dunstanbabyclassMI.com.

The Ann Arbor Zen Temple is offering a new class, *Yoga for Recovery*, to assist people recovering from addictions. The class will be taught by yoga instructor David Black and Resident Priest Haju Sunim on Wednesdays from 6 to 8pm, beginning May 6th. Like 12 step programs, Yoga for Recovery focuses on assisting individuals suffering from a wide range of addictions.
During his own 19-year recovery from substance addiction, David recognized similarities between the 12 steps and the 8 limbs of classical yoga. He teaches these similarities to his students,

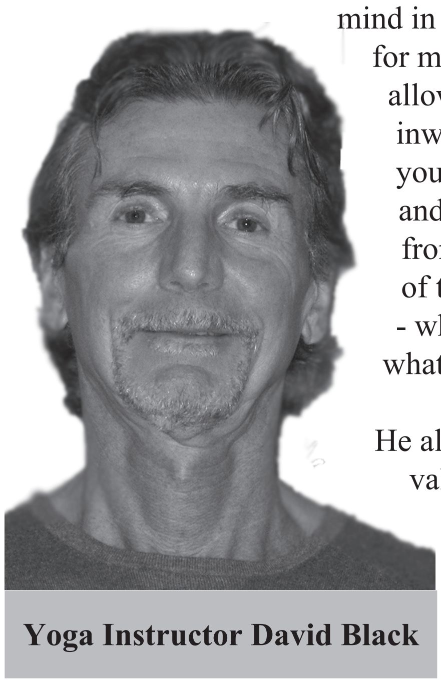
Brown Belt *NIA* instructor
Robin Okun, MSW

however he explains, “Yoga has things that the 12 steps don’t.” He adds that the class “provides as a compliment to someone’s recovery program,” by incorporating physical exercise, mediation, breath, diet, and spiritual discipline.

David has practiced yoga at the Zen Temple for 15 years, and has taught Hatha and Sivananda Yoga, since 2001. He received his advanced training at the Sivananda Ashram in the Bahamas, where he was also trained in Yoga for Recovery. He notes that the 8 limbs of yoga, which are written in Patanjali’s 200 B.C.E. *Yoga Sutras*, and the 12-step program “are both spiritual disciplines with a moral foundation that leads the individuals to enlightenment.” He elaborates that both involve “a progression you move through” in order to “find contentment” and “join your individual nature with a universal consciousness,” which is similar to the 12-Step’s concept of an addict’s *higher power.*

Addiction is “desire run wild,” according to David. “Through our sense experiences we’re seeking things outside of ourselves to try to make ourselves happy on the inside, and it just doesn’t work.” He believes that yoga can help “calm the fluctuations of the mind,” as written in Patanjali’s 2nd Sutra, and he relates, “The yogis believe that when you can concentrate your mind in order to be fit for meditation, it allows you to look inward to discover your true nature and it frees you from the slavery of the five senses - which is basically what addiction is.”

He also sees great value in yoga’s lesson to “be here now, because the present moment is all we have. There’s no way of knowing if we will be happy in the future.” In his experience, “Addicts are great warriors. They tend to live in the future and often, as a friend of mine says, ‘live in the wreckage of the future.’” David’s classes are structured to give his students the encouragement they need to eat well, live balanced lives, exercise, and strengthen their spiritual conviction to recover. The Zen Buddhist Temple is located at 1214 Packard, and you may phone them at (734) 761-6520, and visit them online, at: www.zenbuddhisttemple.org, or email David Black directly, at dblack2420@comcast.net



Yoga Instructor David Black

Brown Belt *NIA* instructor Robin Okun, MSW, has moved to a new studio, *Mindful Movement*, and she will host a Grand Opening Party, on Saturday, May 16, from 1 - 5 pm. She describes the Nia Technique as “a movement practice that offers the cardiovascular benefits of traditional exercise combined with mental and emotional balance.” She elaborated, “it’s really about being mindful of your own body and being aware of the way your body moves.”

I had an opportunity to attend a class and experience Nia for myself. Although Robin leads her students in a variety of dance steps and movements, she encourages individuals to move in any way that feels right to them. I never felt pressured to follow her movements step-by-step, nor did I worry about messing up or looking silly. The movements she introduced were more like suggestions that encouraged the class to have fun and take their movements in any direction they pleased. Nia can help people “appreciate their own body and not place judgements on it,” she claimed.

Robin believes that the best way to learn about Nia is to experience it. She invites new students to attend a free class. The Grand Opening Party will give people opportunities to participate in “movement experiences” and “sample classes.” The event will feature live accompaniment, refreshments, and door prizes, and provide an opportunity to check out the studio. Suggested donations of $5, $10, or $15 at the door will benefit the Center for Eating Disorders, a 501C-3 non-profit. Mindful Movement is located at 815 Wildt Street, the former location of the Peter Sparling Dance Studio. For more information about Nia, personal movement coaching, and therapeutic movement, visit www.mindfulmovementspace.com, or contact Robin Okun at (734) 395-2624, or email robin@mindfulmovementspace.com

A new chronic pain support group has formed in town, facilitated by psychotherapist and social worker Jody Kohn. The group will meet Monday and Wednesday evenings from 7 to 8:30pm, beginning the week of Monday, May 11. In 1983, Jody had an auto accident that left her in chronic pain. Her experiences coping with life changes, finding the right doctors, and living with pain inspired her to gather other people suffering from similar hardships.

Jody explains, as a psychotherapist, “you don’t have to go through what your patient or client has gone through, but it helps.” In her experience, people living with chronic pain face similar issues, despite the fact that each chronic pain condition has its own challenges. The sudden onset of pain after Jody’s accident impacted her perspective on life. “An injury like that is a loss like a death. You need to go through the grieving process,” she says.

Psychotherapist and Social Worker
Jody Kohn

Jody decided to look for a support group that she could attend, but she was not finding what she was looking for in the area. One day, she visited www.meetup.com, a social network that helps people find groups to join in their area. Although there were no postings, she noticed that more than 30 people in the area were looking for a group. Last year, a small group formed under Jody’s guidance.

Although Jody contributes her knowledge of psychotherapy, meditation, self-healing techniques, and her personal journey, “it’s about taking it in the direction that everyone needs,” she says. She explains, the group is “not a place to complain,” but rather, “it’s a place to exchange ideas and look out for each other,” in a “confidential, safe way.” If you suffer from a chronic pain condition that impacts your life, Jody Kohn is available for private psychotherapy sessions. For a consultation, more information, or to register for the chronic pain support group, contact phone her, at (734) 646-9690, or email seekinghealth@comcast.net.

Yoga instructor and school psychologist Ronda Diegel is leading a special “Yoga for Scoliosis” workshop on May 17th, from 2 - 4pm, at the Namaste Yoga Center in Royal Oak. Suffering from scoliosis herself, she decided to try using yoga as a therapeutic tool, and she found that “through yoga you can really help yourself,” Ronda says. Aside from the physical benefits of yoga, the practice also has psychological benefits. “You feel empowered and you feel at home. You learn to understand your body, and accept your body,” she says.

The practice is designed to address both *structural scoliosis*, a non-correctable impairment in the skeleton, and *functional scoliosis*, a correctable condition that arises from muscular imbalance. Ronda explains, “Structural scoliosis affects your bones, so yoga will not correct it, but you can see a lot of benefits and it can elevate pain.” She elaborated, even though “you are not changing your skeleton,” Ronda believes that yoga “can bring a lot of balance to the muscular body,” improve posture, and

Continued on page 12

What's New in the Community

Continued from page 11

Yoga instructor and school psychologist Ronda Diegel

prevent the curve from worsen over time. On the other hand, Ronda has found that functional scoliosis, which is caused by imbalance in the muscular body, "can definitely be corrected through yoga," and can prevent it from become a structural problem over time.

Since scoliosis is most often detected as children enter into puberty, and exacerbated during other major hormonal changes, Ronda thinks that Yoga for Scoliosis is "a wonderful practice for adolescents." Ronda is also offering one-on-one, private therapeutic yoga sessions to people suffering from scoliosis.

Namaste Yoga Center is located at 309 South Troy Street, in Royal Oak. Find out more about Ronda Diegel online, at www.drrondadiegel.com, or http://www.yogaforscoliosis.com/teachers/RondaPretzlaffDiegel.html, or find out more about Yoga for Scoliosis, at: www.yogaforscoliosis.com. Contact her by phone, at (248) 730-0597, or email rmdiegel@earthlink.net.

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Please note that the "What's New" column is part of the editorial (not paid-for advertising) part of the journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the "What's New in the Community" column in a given issue.

If you would like to submit information to be considered for this column, please e-mail Jen Eberbach at communitynews@crazywisdom.net or drop off or mail to the store: What's New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (September to December 2009) is July 1, 2009.

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Kabbalah and Healing
Iris Markham

The Tree of Life – Kabbalah's eternal teachings – they bring a schema of Creation – a guide showing how all things work together in the universe – how everything in the everyday stuff of life is inter-related. Entering the Tree of Life, we can burn into our Self the Exaltedness of God and the Love of God.

KabbalahandHealing.com

- Healing sessions
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- Classes at Crazy Wisdom Community Room

Imagine....what it would feel like to be happy, live in peace & joy, and have abundance...no matter what is happening in the world. If you are wanting an amazing life (& willing to get out of your own way), I have the program for you! **"Creating an Intentional Life"** is a powerful coaching program based on the common characteristics & practices of the great Spiritual masters and teachers of success. If they have achieved true happiness and abundance, so can you! Instead of "life just happening" to you; take control and join with me for support in creating your miraculous life. **You deserve it!** Still need convincing? Read what clients say: "I am now down a path I wouldn't have imagined, Thank you!" Sandy D. ~ "With Jillian's support & the program, I've taken control & manifested my dreams!" Richard S.~ **Would you like to experience the same?** To know more, contact **Jillian Kerry** at **734-395-4999** or **jilliankerry@gmail.com.** Concerned about finances? Check out my Value Payment System at **www.jilliankerry.com.** Remember.... **Anything is Possible!**

Sustainable Health

By Judy Stone, CN, MSW

Path to the Garden: The Truth About Vitamins and Anti-Oxidants

Some headlines over the last six months may have you scratching your head.

No Protective Effect On Cancer From Long-Term Vitamin E Or Vitamin C Supplementation, Trial Shows;

Long-Term Use of Nutrient Supplements May Increase Cancer Risk;

Folic Acid Supplements Linked To Higher Risk of Prostate Cancer, Study Shows;

Multivitamins No Cancer, Heart Help, Study Says

What gives? Vitamins and antioxidants have become daily staples for legions of health conscious consumers, promoted by health care professionals (alternative and mainstream alike), countless magazine articles, even TV ads. But to review these headlines and the studies they report, one has to wonder if we've all been led down the wrong path?

In a word, yes. But the wrong path isn't the one most easily taken after reading these headlines, the path leading one to conclude that there is no benefit and in fact may be some harm in swallowing all those pills. "See, I told you so. You've just been throwing your money away to produce expensive urine" chants the naysayer's chorus. Perhaps so, if all those supplements you've been swallowing are the majority of what is out there—*chemically synthesized*, *fractionated*, vitamins, minerals and antioxidants. Let's try a different path; one I like to think of as the garden path.

First though, let's go back in time to when vitamins and their healing effects were first theorized. The earliest discoveries were not about vitamins at all in fact; nobody really knew about such things. The discoveries were about *food*. This is our first path marker. As early as 1500 B.C., Greeks and Romans used Goose liver to treat night blindness. In 1757, a doctor in the British Navy, James Lind, recognized that only *fresh* fruits and vegetable cured Scurvy, something to which sailors at sea had no access. About that time, an Italian doctor, Marzari, made the connection between refined corn in the diet and Pellagra, a disease characterized by the 4 "D's", dermatitis, diarrhea, dementia, and death. In the next century, Cod Liver Oil was found to cure rickets in children living in sunless, crowded, industrial cities, and a Dutch physician found that he could induce symptoms in birds, similar to Beriberi, by feeding them refined rice. Then, he was able to reverse the symptoms by feeding the birds the bran and the germ that had been removed in refining. In the early 1900's, these observations led a Polish Biochemist, Dr. Casimir Funk to isolate a substance in rice husks that could prevent Beriberi. He thought, incorrectly, that the substance was an amino acid (the building blocks of protein) hence he called it a *Vitamine,* from vita (life) and amine (amino). And so the vitamin theory was born. About the same time, F.G. Hopkins, a British biochemist, was experimenting with feeding laboratory animals totally refined diets only to discover that the animals were unable to reproduce, and eventually became ill and died, while animals fed an unrefined, unprocessed diet, thrived. Path marker #2. In 1929, Funk and Hopkins won a Nobel Prize in Medicine for their discoveries.

Synthetically produced vitamins versus food—chemistry vs. biochemistry—something dead and inert vs. something possessing live enzymes and a life force. Are they comparable? Are they equal in action when put into a live body?

Those markers take us down the garden path. Look around, imagine it's summer and the garden is full and alive with beets, broccoli, kale, cabbage, carrots, peppers, tomatoes, spinach, etc. Now let's talk about what is a vitamin? A vitamin is a large group of chemically related compounds that work together and potentiate the individual compounds' effects. Take a beet for example. There are 145 *known* compounds in a beet. In a best-selling multi-vitamin tablet there are just 21 of those compounds, synthetically produced. How could the action of 21 chemically formulated compounds work in your body in the same way as 145 natural compounds that by design, work together? Of course they can't.

Synthetically produced vitamins versus food—chemistry vs. biochemistry—something dead and inert vs. something possessing live enzymes and a life force. Are they comparable? Are they equal in action when put into a live body? We only have to go back to the earliest beginnings of nutrition inquiry to see that food taken apart, fractionated as it were, had deleterious health consequences. Right from the beginning we knew that there were foods that could prevent or cure disease, and that when we messed with those foods, when we took them apart, changed them from the form in which they occur in nature, bad things happen; animals can't reproduce, they die, people get diseases of deficiency. Nothing has changed in the biochemistry of food other than the ways we have interfered with it. It is science, industry, profit motive, and hubris that have taken us down the wrong path.

Let's look at a couple of examples. For many years, bottles labeled vitamin E in the stores contained only Alpha Tocopherol. Vitamin E in nature contains, alpha, beta, delta, and gamma Tocopherols, and also four types of Tocotrienols (according to present knowledge). Tocopherols and Tocotrienols are not the whole E Complex. They are parts; parts that are known for their antioxidant effect. In fact, their purpose is to act as an antioxidant for the E Complex itself. Similarly, in this country, the only thing that can be sold as Vitamin C is ascorbic acid, synthesized in a lab by boiling corn syrup with Sulphuric acid. But true Vitamin C *Complex* is made up of many other things-- bioflavanoids, rutin, Vitamin K Complex, tyrosinase, selenium and copper-- and the ascorbic acid, like the tocopherols and tocotrienols in E, is the antioxidant for the C Complex. Therein lies part of the problem; these antioxidant elements are there for the plant's benefit; *we're* supposed to be consuming vitamin- and antioxidant- rich food, not synthetic pieces of vitamins! Knowing the biochemistry ***isn't*** important, but realizing that most of what is being sold out there as anti-oxidants and vitamins are chemically synthesized, fractionated, very poor imitations ***is*** important. These imposters are not benign; they can and do have negative health consequences, which is part of what is reflected in those attention-grabbing, media headlines of late (the rest is poor study design and bad interpretation, but that's another story). No scientist disputes that diets rich in fresh fruits and vegetables reduces disease risk; it's only the effort to simulate nature in the lab that is failing.

While an initial dose may alleviate a symptom, as a drug will, the continued use of fractionated and synthetic nutrients will create a toxic load, or an imbalance that the body then has to handle.

When a vitamin, or an anti-oxidant is chemically synthesized and fractionated it is debilitated. The body is forced to deal with what has essentially become a drug, albeit less dramatic in perceived impact. Ascorbic acid will never, can never, have all of the physiological benefits that C powerhouses, broccoli or kiwi fruit have for our body. For one thing, vitamins in food unlike their synthetic counterparts are bound to enzymes, which are essential to how a vitamin functions in the body. The body has to work hard to handle these foreign chemicals. While initially, one can have a drug-like effect from the synthetic or fractionated vitamin, over time, the body must donate all the missing synergistic components to the imposter, using up your body's tissue reserves of those compounds. This often leads to more deficiencies.

With a synthesized product the body is forced to deal with a foreign substance. While an initial dose may alleviate a symptom, as a drug will, the continued use of fractionated and synthetic nutrients will create a toxic load, or an imbalance that the body then has to handle. It may or may not be able to do this without creating the symptoms of toxicity or deficiency, again reflected in some of the study results. What's missing in all this industry-sponsored nutrition is an appreciation for, an understanding of, the body as a functional organism rather than as a machine. It's a bit of scientific arrogance to say the least to think that our bodies aren't smart enough to know the difference between a nutrient dense whole food and a synthetic imitation of food. Needless to say, pumping in a fake version of the nutrient is likely to give you unexpected results.

Does this mean we shouldn't use supplements? Not exactly, and here's why. Aside from the reality that most people don't eat enough fruits and vegetables, most of us are losing the war waged against fresh, whole, nutrient- rich food. We refine (strip nutrients), overcook (kill enzymes), pick before fully mature (stunt nutrient development), pasteurize (kill live components), genetically modify (who knows?), apply toxins (poison ourselves), and deplete the soil of nutrients through chemical farming (grow nutritionally deficient food). Long before clinical disease can be diagnosed, subtle and not-so-subtle changes in function (symptoms) are happening in the body, almost all attributable to nutrient deficiencies, because nutrients are, after all, the "stuff" that makes us. So most of us can benefit from supplements but in most circumstances, only those made from whole, organic food or herbs that gives the body exactly what it knows how to use in order to restore, rebuild and repair. The label should list the foods from which the product is derived.

Aside from the lesson that we all need to get back to the garden, we cannot afford to overlook both the limitations of science in what we don't know, and the influence of economics in deciding what gets studied and what gets produced.

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They’re not the same age, or not the same religion, or not from the same workplace, or not necessarily involved in same type of activities. But being able to live here with these people has enriched my life beyond anything I could have ever imagined. It’s not just a question of meeting them, but learning from them. They are changing me by what they’re committed to and what they’re involved with and what they know about. It enables me to learn, grow, change and be a better person than I would have otherwise. This is a real gift for me being able to live here, a blessing.”

Susan Ayer, resident of Sunward Co-housing

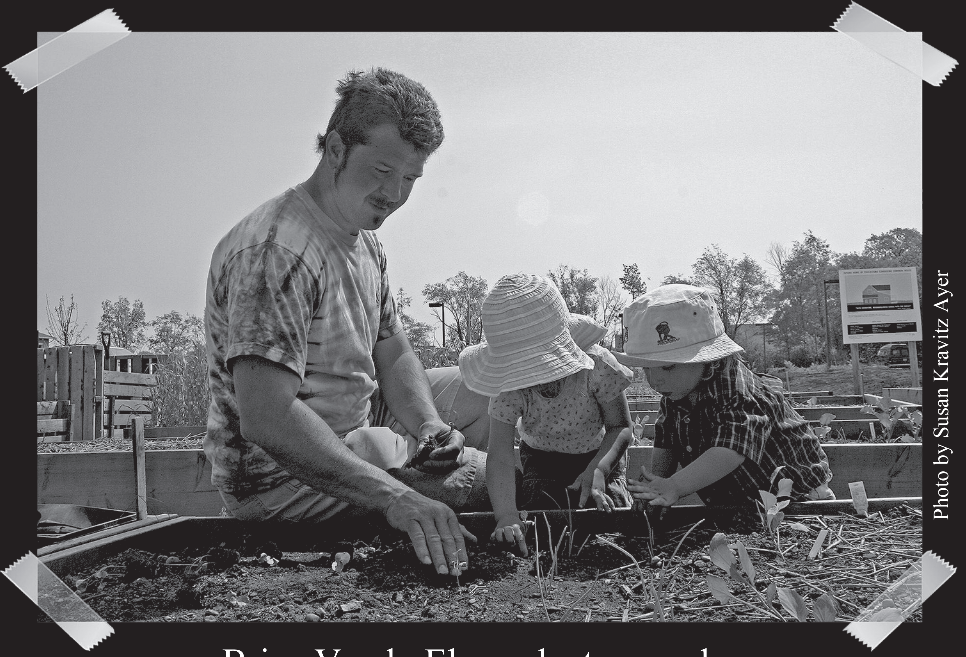


Photo by Susan Kravitz Ayer

Brian VanderElzen plants a garden with some help at Touchstone

College SHOE REPAIR
& HOCKEY EQUIP.
Photo by Michael McIntyre

Ann Arbor, July 4, 2008 parade. Members of Sunward, Great Oak, Touchstone formed a cohousing contingent with banner, a large puppet (Sarah Ross, principal artist), bikes ‘n trikes

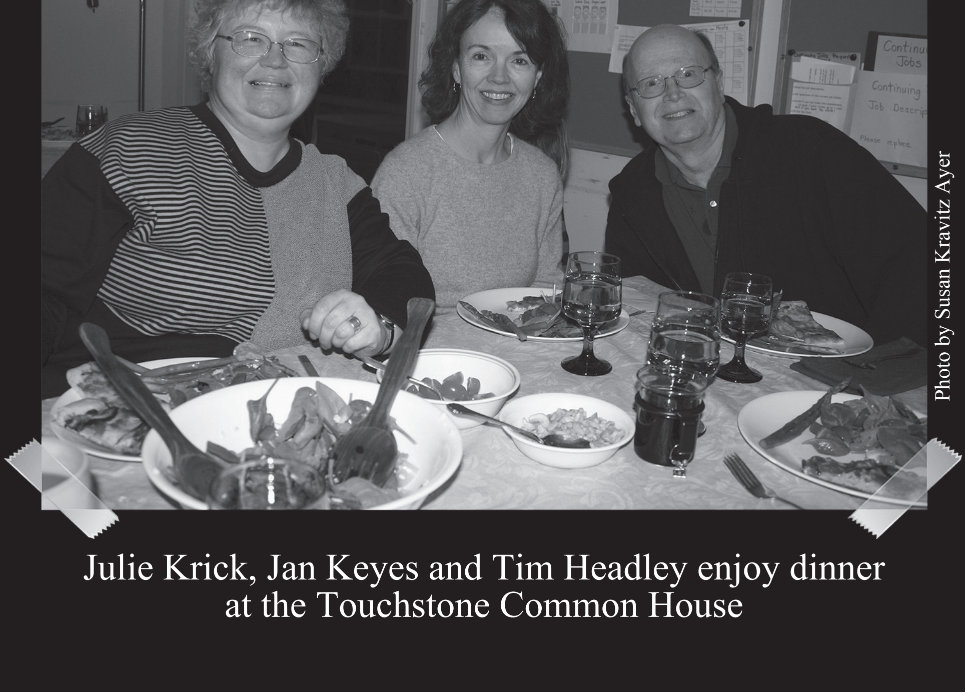


Photo by Susan Kravitz Ayer

Julie Krick, Jan Keyes and Tim Headley enjoy dinner at the Touchstone Common House

About Ann Arbor’s Co-housing Communities

Sunward
Founded: Land purchased in 1996, first residents moved into housing in 1998.
Population: 40 units, with 60 adults and 28 children.
Notable: Sunward is the oldest co-housing community in Michigan.

Great Oak
Founded: Finished construction in 2003.
Population: 37 households, with about 65 adults and about 35 children.
Notable: The second-oldest community celebrates the community’s “birthday” with a party each Valentines Day.

Touchstone
Founded: The first families moved into their homes in 2006.
Population: 44 adults and 18 children, and still growing.
Notable: Ann Arbor’s newest co-housing community has a temporary common house in the main floor of one of the units. A new common house is in the planning stages.

Co-housing – A Look at Ann Arbor's Three Thriving Cross-Generational Intentional Communities

By Sarah Rigg
Photo Coordination by Susan Kravitz Ayer

I may have more familiarity with intentional community than the average person since I've had friends living in university co-ops and have visited three communes over the last decade. However, though I knew Ann Arbor was home to three co-housing communities, I wasn't really sure what co-housing was until I took a tour of the Sunward, Great Oak and Touchstone communities and began talking to the residents this autumn.

This lack of understanding about co-housing appears to be common. Despite the diversity of cultures and living arrangements in the Ann Arbor area and residents' general familiarity with co-op living, members of Ann Arbor's co-housing communities still have to explain what co-housing is to friends and co-workers. They get reactions ranging from "So it's like a commune or a cult?" to comparing co-housing to a kibbutz or a condominium association.

Nancy Harter, a retiree who lives in Great Oak, says she's had to explain what co-housing is "so many times." Friends and family have asked her, "So, is that a commune?" or "Is that a co-op?"

Susan Ayer, editor of the Washtenaw Jewish News, lives in Sunward, and she says very few people in Ann Arbor know what co-housing is unless they know someone who lives in one of the communities.

"Most people think it's a co-op or a hippy commune. Or maybe a kibbutz. In some ways, it's like a kibbutz, but in other ways, it's very different. I'm Jewish, so that's the frame of reference (my friends) have. I love telling others about co-housing. They always say they think it sounds wonderful."

Sunward founder Nick Meima says the communities are technically a condominium association but with many differences from the typical condo development. These differences start with community members being heavily involved in the design and architecture of the community and include the prominent role of the common houses.

Though a few residents moved into co-housing after having been members of a spiritual community, the members of Sunward, Great Oak and Touchstone don't share their income as in a commune, and they don't share a spiritual or religious dogma. In fact, a wide diversity of religious faiths is represented from Judaism and Christianity to paganism or agnosticism. What all members do share is an interest in creating intentional community and sharing resources.

Friends and socializing

Several community members spoke to me about the advantages of having opportunities for socialization and human contact without having to throw parties or making plans two weeks in advance with friends.

"My one-liner is that it's a place I can be an introvert without being lonely," says Ken Winter, who has lived at Sunward since it was first formed. "I have people in my life who are a part of my world, and I don't have to throw a party or formal dinner. I don't have to do social events to have contact with people and have people in my life."

Others say that they felt isolated from neighbors in a typical apartment building or single-family home and like knowing so many of their co-housing neighbors.

Amy Harris rented in Sunward and then bought a house in Great Oak shortly after the second community was established. When she first thought about moving to Sunward, she was a divorced single mother.

"I lived in single family home on the old west side," Harris says. "I loved the neighborhood, but I felt kind of isolated being a single parent. I only saw my neighbors when the weather was nice. For big chunks of the year, we just waved from our cars. That kind of bothered me."
Harris says making friends with neighbors in co-housing is "much easier."

Harter also says she likes how much interaction there is in her co-housing community. "I know all these people. All my neighbors know one another," Harter says. She says she enjoyed being part of a community where residents feel comfortable asking neighbors for rides to the airport or to borrow a tablespoon of spices for a cooking project. "That kind of sharing is really neat," she says.

Betsy Reitbauer moved to Ann Arbor from New York to be closer to her daughter and grandchildren. "I was coming here without knowing anyone, basically, and my daughter is still 50 minutes away. It can be hard to make friends and get in the social fabric of a community." She says living in co-housing at the newest community, Touchstone, was a good way to get to know people as a newcomer to a new city.

"Co-housing appealed to me in part because I figured it'd be far easier to get to know people," she says. "A co-housing setup certainly does it. I work with them and eat a couple meals a week with them and got to know them faster. I figured when you move, it'd take a solid year to make friendships, and you'd just have to count on being lonely for a while. But this is as close to instant friendship as you can get. You don't replace friendships of 30 to 40 years, but you have people to do things with, connect with. I'm lucky that I like a lot of the people here."

Ayer says one major attraction of co-housing was knowing and being known. "I like the sense of having neighbors that I know well and that know me," Ayer says.

She says she also likes the balance of having people to interact with or to be by herself in private when she needs to.

"Sometimes I'm tired and I've got a lot of work to do, I just want to go to my house and be by myself," she says. "I just want to sit on the couch, read a newspaper and not talk to anyone."

However, other times, she says, she enjoys walking to and from her home and being greeted by neighbors and the children of the community. "As I walk down to my home, I run across kids drawing with chalk on the walkway, or Moms standing around talking with each other, playing music, playing with kids. It pulls me into this extended family of sorts."

"The other morning I'm leaving for work in the morning, and Gabrielle, who is four, came out the door and yelled, 'Hi Susie!' To me, that's priceless."

Nancy Harter

Harter, 77, retired to Great Oak, and said she enjoys being the oldest person in a young group of residents. "It's fun to be with that generation," she says. "It's interesting, too. I would have never known that people live with a computer growing out of their hip. I just finally bought one."

Continued on Page 16

Photo by Susan Kravitz Ayer

Jeremiah Lee, Jack Pyle, Brian VanderElzen with son Lohan, and Joe Lovill at Touchstone

Photo by Michael McIntyre

Summer nights at Sunward

Photo by Susan Kravitz Ayer

Lois Zimmerman and Sonia Kraftson preparing Thursday dinner at Touchstone

Photo by Susan Kravitz Ayer

Heather Fitzgerald and Adi Aditya. with daughter Divia Fitzgerald and son Jai Fitzgerald

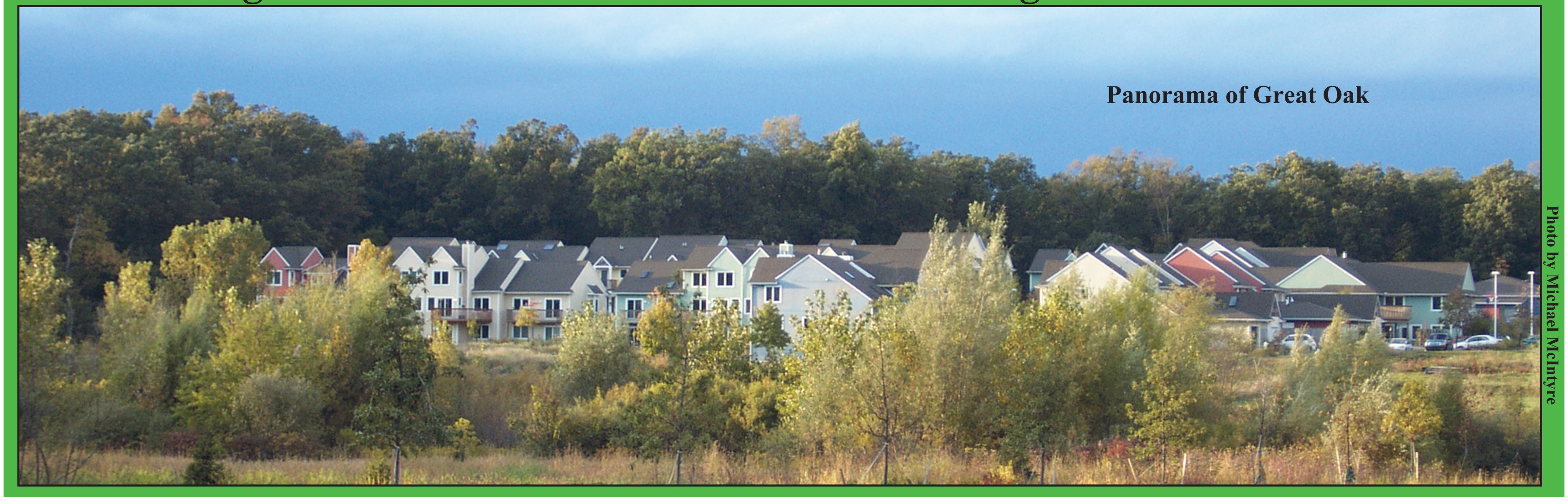
Photo by Susan Kravitz Ayer

Lois Zimmerman, Betsy Reitbauer and Kristen VanderElzen at Touchstone

Photo by Michael McIntyre

Cohousers relax on the lakeside new rock bench, with Great Oak in the distance

Co-housing – A Look at Ann Arbor's Three Thriving Intentional Communities



Panorama of Great Oak

Photo by Michael McIntyre

Photo by Susan Kravitz Ayer

Malcolm Sickels and Amy Harris, with daughters Linnea Bleiler-Sickels, Melanie Bahti and Uma Bleiler-Sickels

Robert Bell and Aaron Wilson-Ahlstrom and his son Langston in the Great Oak Common House kitchen

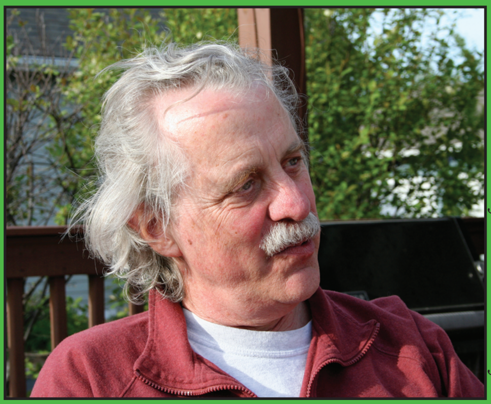


Photo by Michael McIntyre

Ken Winter - Sunward

Ken Winter said he thinks it's easier to raise children in co-housing than to bring them to co-housing when they're teenagers. "People who move here as teenagers, who are dragged by their parents, often have a lot of resistance," he says. "At that age, they don't want to be weird, have a weird family, a weird living situation. They're extra-sensitive at that age."

Photo by Susan Kravitz Ayer

A garden outside at Touchstone Cohousing

Wedding at Touchstone

Photo by Michael McIntyre

Rowena Cohahan & Noe

"I think it's different because you know your neighbors well enough that you care, and there's more investment in actually working it out," Robin Kahler says. "You may disagree on a topic, and, three hours later, you're having dinner together or you're harvesting vegetables."

Photo by Susan Kravitz Ayer

Jason Scholz, Mary Kay Burton and Kendra Pyle study the work assignments

Ken Winter says that Sunward was a pioneer in working out conflict, and he feels they handle things better now than they did at the start. "When there's a certain issue with emotional charge that comes up and finds its way into a community meeting, we deal with it better now than in year one in terms of people being able to listen to each other, people being able to express themselves."

Panorama of Touchstone

Co-housing in Ann Arbor - Continued from Page 17

Amy Harris lives in Great Oaks Co-housing

Jim Cook, one of the newest additions to Sunward, says he chose co-housing because the atmosphere was one he felt his wife would feel most comfortable living in. Before moving into Sunward, he had lived in Vietnam with his wife and her family for a year.

"Sunward is the closest thing to a Vietnamese village," he says. "For her, she feels more at home. Everybody knows everybody, but there's more privacy."

He says that being new in a community could be hard, but that his 10-month-old daughter Yennhi was a great ice-breaker. He says the baby is the cutest in the family, then his wife, and then himself.

"They don't want us here- they just want the baby," Cook jokes. "But they have to take me if they take the other two."

Co-housing residents also talk about the formal and informal ways they support each other in times of need, from watering each other's tomato plants to bringing meals to a member who has just had a baby or who has broken a leg.

Robin Kahler, a resident of Touchstone, says that the community was notable for the amount of support residents get when they're sick or in crisis.

"When there is illness, hospitalizations or even births, neighbors bring food over for a couple weeks. So, there's a lot of support," she says. "When people moved in this summer from out of state, they were new to Ann Arbor. They were able to have instant support, and we're able to give them ideas of where to go shop."

"I don't think you could put a value on what it's like to be part of a co-housing community and have your neighbors be there for you when you need them," Ayer says. "And you have the opportunity to be there for them."

Sharing resources

Another theme that came up over and over in conversations with co-housing residents was not the abstract idea of community and togetherness but a concrete and practical value of sharing resources.

Harris says that when she lived in her house on the old west side, she was troubled by the fact that everyone had to have his or her own stuff. "They all had their own lawnmower, clippers, washer and dryer," Harris says. "It seemed like an incredible waste. When I learned about co-housing, the opportunity to share resources appealed to me hugely."

Reitbauer also named sharing resources as a major part of co-housing's appeal. "It has always seemed inefficient for women to each be cooking for three or four people. It made so much more sense have fewer people cooking for more people," she says. "There are things to be gained by family togetherness and so forth, but there's a certain economy of effort to have at least some meals eaten together."

She cited several other examples of sharing resources. "Not everyone has to own a lawnmower. A lot of people are perfectly happy using the same washer and dryer (in the common house). Not everyone has to own a tall ladder. Every now and then, someone will put out an announcement on the Internet group, saying, 'I have an extra whatever, can anyone use it?' Or, 'I need whatever,' and they see if anyone offers."

Winter says he felt living in co-housing meant a more efficient use of energy and resources, and cited the optional community meals as an example. "You eat better and cheaper for less work than if you made it yourself," he says. "My wife and I cook once a month, and that's all the work we do for the dinners; we get 12 to 15 dinners a month for that."

The community meals also appealed to Tom Akiva, a resident of Great Oak. "It's great being able to come home after work and have nice cooked meal," he says. "There are a lot of shared resource advantages- not just meals. There's the common house, and access to machines and tools without having to buy them."

Meima cited the workshop that Touchstone and Great Oak built together as another example of sharing resources. "Together, they created a separate building for woodworking and working on cars. They built it together and funded it together. You would never ever find that any place else, having neighbors pitch in together the money, energy and effort to build the thing and say, 'This is, collectively, ours to use.' This is phenomenal. It'd never happen anywhere else."

Treading gently on the land

Most, though not all, members, also share an interest in eco-friendly living and a desire to minimize their impact on the land and nearby natural areas. For that reason, the communities were built to cluster homes close together and leave a lot of open space. For example, Sunward comprises 20 acres, but only about five are developed.

Harris says this was a big attraction for her. "The design of the houses is great in that it minimizes impact on the land," she says. "I'm fine with living in a smaller house; McMansions are not a good use of natural resources."

Rowena Conahan, who lives with her family in Sunward, says sharing resources and reducing her footprint on nature was a consideration for her when choosing co-housing. "The philosophy of living with neighbors and living together and sharing resources, reducing impact on the world- I love all that," she says.

However, she had to think hard before deciding to move into co-housing because she had intended not to buy a new home. "I didn't want to build a new house, one that wouldn't go back into the earth very gracefully. In my mind, this community was a hillside before it was a community. I asked myself before I signed (the contract) if turning this hillside into a community, would it be beneficial seven generations down the line. It was a clear "yes" to me. We would be taking something from the earth, but creating a living example of community would spill out into rest of world. So I was excited about that. I love that."

> Amy Harris says that as she talked, she realized how many things the community had done to tweak and adjust the work program and get it all to work. "As a member of the work committee, I'm focused on what doesn't work and how to make that better. I'm on the fix-it side, rather than seeing the big picture of how well it really does work. The overarching goal is to maximize happiness of workers."

Conahan says that she liked that the design of the community would preserve 10 acres of forest and create several acres of prairie as well.

Also, all three communities require members to park at the perimeter, and the interior of each community is pedestrian-only space, with a few exceptions for when people are moving into a unit or making a delivery of large or heavy furniture.

Harter doesn't mind the policy of leaving cars at the perimeter since she chose a housing unit right next to the parking lot. “My car is 15 feet away. It's very convenient.”

Reitbauer has mixed feelings about the concept.

“I like it better in the summer than in the winter,” Reitbauer says. “For me, in bad weather, that's a disadvantage. I made the choice that I wanted one of the prettiest view here, so I have to walk approximately the distance of a football field from my front door to the garage. When it's icy or bitter cold, I don't like that walk. But, you know, I had to choose from the available units, and the one that had the nicest view was farthest from the garages. I don't regret my choice, but it is a negative to have that distance in bad weather.”

Jim Crowfoot, Ruth Carey, Doug Siewert, Nick Meima, children Zuvuya, Dylan, and Luda, and Michael McIntyre at Sunward

Jim Cook says that being new in a community could be hard, but that his 10-month-old daughter Yennhi was a great ice-breaker. He says the baby is the cutest in the family, then his wife, and then himself.

Most members of co-housing have adapted to the walk, however. Many keep a cart in their garage so they can tote groceries or other items to their units more easily.

Despite the disadvantage in bad weather, Reitbauer says she loves the concept of keeping cars on the perimeter. “I love the friendliness of walking to my house and bumping into people on the way.”

The young and the elderly

The communities host a tour and information session at 2 p.m. each Sunday, starting at Sunward and continuing on to Great Oak and Touchstone. If you attend a session led by Sunward founding member Meima, you're likely to hear him rhapsodize about how good co-housing is both for raising kids and for caring for the retired and elderly. Parents, he says, can relax and let their children play safely in a pedestrian campus where the children know everyone and won't be in danger from cars.

“If we'd lived in the country, we would have done that kind of thing,” she says. “But, definitely living here, we had the room for it, and facilities and pastures.” The llamas are now back at the farm in Manchester from which she'd originally bought them.

Conahan adds that one concern people always bring up about home schooling is how children will be socialized. “Here, it's not remotely a big deal,” she says. “There's more socialization than we could hope for.”

Ed Herstein, a member of Sunward, doesn't have children of his own, but has enjoyed hosting international exchange students while living in co-housing.

“I'm currently hosting my tenth exchange student through the AFS program,” he says. “I've had five from Finland, four from Sweden, and one from Russia. They've all stayed for about 11 months while attending a year of high school here.”

He said co-housing has been a great place to host the exchange students. “They very quickly get to know many of my neighbors, and the neighbors help them out with rides, meals, and other needs when I'm not available. The community also welcomes them to participate in meals, parties, work projects, and other community activities. I think hosting in an apartment or traditional home would be a much less rich experience for them- though I do need to let them know that living at Sunward is much different than living in a typical American suburb- and (hosting in an apartment would) also be a more challenging experience for me.”

Not every parent thinks that co-housing makes raising children easy, though. Tom Akiva, a resident of Great Oak, says it can be “tough.”

“When you're parenting in co-housing, you're around people making different decisions about limitations they give their kids, the rules they have,” he says. “That means there's a lot of negotiating community space, talking to your kids about your expectations and rules and how they're different than the next door neighbors'. It was hard the first few years to figure out how to parent around people who were very different. Now, it's become pretty second nature, though.”

Winter said he thinks it's easier to raise children in co-housing than to bring them to co-housing when they're teenagers. “People who move here as teenagers, who are dragged by their parents, often have a lot of resistance,” he says. “At that age, they don't want to be weird, have a weird family, a weird living situation. They're extra-sensitive at that age.”

At the other end of the age spectrum, elderly residents get to have equal input in the running of the community, unlike life in a retirement community where someone else sets the rules and policies.

Continued on Page 20

Co-housing in Ann Arbor - Continued from Page 19

Winter, who is 65, says that the prospect of reaching retirement age while living in co-housing is, “a plus. Maybe a big plus.”

“First of all, Sunward is engineered with a fair amount of elder-friendly stuff. Some units are fully handicapped accessible. And the design philosophy is for all units to have a bedroom on the main floor,” he says. He mentions that Sunward especially skews toward an older population and that three elderly people have died while living there.

“And with two in particular, people who lived alone, there was an enormous amount of any kind of support you could think of,” he says. “We were here for them. Both decided to have a memorial before they died, and each threw a big party. They were attended by whole community. (Residents had) a lot of things to say at the memorial, and they were said while they were still alive. It was really wonderful.”

He says almost all the support for the elderly is informal. “There’s not a budget item for taking care of old folks. But we have resources and people to meet the needs.” He says there’s been talk about creating a more formal structure to help the elderly and about “aging in place.” He says that co-housing is a “fertile seedbed” for that kind of action once a critical mass of will is achieved to make it happen.

Harter, 77, retired to Great Oak, and said she enjoys being the oldest person in a young group of residents. “It’s fun to be with that generation,” she says. “It’s interesting, too. I would have never known that people live with a computer growing out of their hip. I just finally bought one.”

Meima tells the story of an elderly co-housing resident falling and breaking a hip, and says that within four minutes, several neighbors gathered, called an ambulance and arranged to take care of her dog and her plants while she was away.

“I don’t know of any other place where something like that would happen,” he says. He said in a typical neighborhood, one neighbor might have called 911, but the other pieces, like caring for the dog and plants, might not have happened.

“And they would have thought to call a relative, but they probably wouldn’t know who that is or how to get a hold of that person,” he says. “This remarkable set of circumstances characterized her living in co-housing and benefiting tremendously from it. In co-housing, older people are completely a part of and shape the community like anybody else. There’s that village concept, that it takes a village to raise a child. That village concept is equally important for older people for different reasons.”

Working together

One thing that sets a co-housing community apart from a typical condo association is the high level of participation by all members. In a typical condo community, everyone pays dues, but only a small board of directors runs things. In co-housing, almost all adult members are heavily involved in the day-to-day operations of the community, through business meetings and the work program.

Each community has a slightly different way of running a work program, but each community expects members to do somewhere between three to eight hours of work, which can include tasks ranging from cleaning and maintaining common areas to running committees and keeping notes. Great Oak’s hourly requirement is a bit higher because it includes meals, where the other two communities do not include meals in the work program.

Akiva, who was one of the first members to move into Great Oak, has done a variety of jobs as part of the work program. “I cook, assistant cook, and clean. I have been common house maintenance coordinator many times. I have done childcare during meetings,” he says. “We have a very structured, very fair system in my opinion. There’s structure to make it work but flexibility to make it humane. For example, when our now seven month old was born, we took a work cycle off.”

Amy Harris says she is an “idealist” about the consensus process. “It’s a way for everybody’s voice to be heard, unlike other places in life. The phrase I’ve heard and like is, ‘Everyone has a piece of the truth.’”

Photo by Gray Ayer

Susan Kravitz Ayer lives in Sunward Co-housing

Harter says she thinks the work committee at Great Oak does “a terrific job” of distributing the work. “It’s an awfully hard job to do this fairly,” she says. She has fulfilled it by cleaning, shoveling snow and working on various committees. She is retired and has time for the work requirement but has some empathy for working families with children who have to put in time on community jobs on top of their career and child raising.

“You know each other well, and it’s not like if you say something (about the conflict) they’d stop talking to you,” Susan Ayer says. “It’s not an option- we interact too much. Even people I don’t like, I still have to be nice to them, because we interact all the time. We have to work things out. But it’s not just that you have to. People who live in co-housing, that’s the kind of community they want to be part of.”

She says one downside to the work program is that there are always some people who are “slackers.” She adds, “But that’s life. There are always people who do extra things nobody knows about. They care.”

Harter says that differing standards could also create some bumps in the work program. “The other thing that enters into this is what one person considers clean and what another person considers clean can be two different things,” she says. “There can be a little bit of problem there.”

Harris spends a lot of time thinking about community jobs and how they’re allocated. “I’m extremely immersed,” she says. “I’ve been on the work committee (at Great Oak) since beginning. I really think a lot about it. Sunward invited me over more than a year ago to ask about how our system works. I talked for one and a half hours and could have kept talking.”

She says that as she talked, she realized how many things the community had done to tweak and adjust the work program and get it all to run smoothly. “As a member of the work committee, I’m focused on what doesn’t work and how to make that better. I’m on the fix-it side, rather than seeing the big picture of how well it really does work. The overarching goal is to maximize happiness of workers.”

Three times a year, community members are given a list of necessary tasks and asked to rate them on a scale of one to five, with one being “Can’t do this or hate this job,” three being neutral, and five meaning “I’d love to do this job.”

> “When there is illness, hospitalizations or even births, neighbors bring food over for a couple weeks. So, there’s a lot of support,” Robin Kahler says. “When people moved in this summer from out of state, they were new to Ann Arbor. They were able to have instant support, and we’re able to give them ideas of where to go shop.”

A computer program sorts these answer out and makes assignments. “The goal is that people have maximum happiness in their work,” Harris says. A work committee goes over the results to make sure the program did a good job. If there’s a problem, committee members spend a few hours fixing the results.

If people are still unhappy with a particular work assignment, there’s a remedy. “Recently, we added a job swap, a job fair,” Harris says. People can announce they don’t really like a job and can ask to trade responsibilities. “For the most part, it works really, really well,” Harris says.

Community challenges

Though members of the co-housing communities I talked to were overwhelmingly positive about the benefits of co-housing, they were also candid about the challenges and drawbacks.

“One thing I don’t like is that I get tired of committees, and I don’t think I’m alone,” Harter says.

Reitbauer echoed those sentiments. “Co-housing isn’t perfect. There are people who are less enthusiastic about meetings than others, and it does require a lot of meetings,” she says. “I don’t think it’s a good choice for someone who really hates meetings or who isn’t willing to do a share of the community work. We try to help people self-select by letting them know that they will be expected to do a moderate amount of community work and come to community meetings.”

Several residents of co-housing also talked about conflict and how that’s handled in community.
Kahler, who has lived in Touchstone for three years, says that handling conflict in co-housing is different than having a disagreement with a neighbor in a typical living situation.

“I think it’s different because you know your neighbors well enough that you care, and there’s more investment in actually working it out,” Kahler says. “You may disagree on a topic, and, three hours later, you’re having dinner together or you’re harvesting vegetables.”

Ayer says that people in co-housing handle conflict differently because they feel a responsibility to one another. “It’s a mutual thing. You know if you’re doing something that’s annoying them, you’re going to stop, because if they were doing something annoying, you’d want them to stop it,” Ayer says.

“You know each other well, and it’s not like if you say something (about the conflict) they’d stop talking to you. It’s not an option- we interact too much,” she says. “We have to work things out. But it’s not just that you have to. People who live in co-housing, that’s the kind of community they want to be part of.”

The community also has formal venues for working out disagreements. Winter mentioned the mediation guild. “Say you and I live here and we have a spat because we both signed up for room in the common house for different important events,” Winter says. “Perhaps it got personal and emotional, and the situation escalated. That’s the kind of thing where the mediation guild basically makes somebody available to listen and suggest. They don’t arbitrate, but they do facilitate communication and conflict resolution. It’s not a mechanism you’ll find anywhere else.”

Winter says that Sunward was a pioneer in working out conflict, and he feels they handle things better now than they did at the start. “When there’s a certain issue with emotional charge that comes up and finds its way into a community meeting, we deal with it better now than in year one in terms of people being able to listen to each other, people being able to express themselves. Part of this, he says, is that members now just understand that conflict is inevitable. “Maybe most important, we’re not surprised when there are conflicts anymore. Some people came into community thinking that if we just hold hands, there won’t be any conflict. If we just all love each other, everything will perfect. So when there was conflict, it was very upsetting because people had the feeling it shouldn’t be happening. But we’re growing up, and we now know there will always be conflict. There are just better and worse ways of living with it and growing from it.”

Harris also looks at conflict as being both inevitable but also an opportunity for growth. “If you put people together, there will be conflict. It’s part of human nature,” she says. “You need to learn how to be cognizant of opportunities to move forward. Conflict can be a source of energy. When there is a conflict, by definition, there’s energy in it. You might be angry and have two parties who can’t agree. But they’re engaged. That’s good energy. If you’re avoiding conflict, there’s no energy to resolve or to create something new. Conflict leads to creativity.”

Conahan says that conflict can be “intense.”

Conflict is intense because we decided, let’s tie ourselves together with the biggest chunk of our financial assets,” Conahan says. “That can be hard if you’re not getting along with neighbors. When we started, (Sunward) was the first co-housing community in the Midwest. We had relatives telling us, ‘What if it fails? What if you can’t stand each other and all lose your homes?’ We were saying, ‘We can’t fail for that very reason.’

Conahan says that sharing the community assets creates pressure to resolve conflict. “We’ve certainly had the experience of interpersonal conflict here. But for myself, it’s the best growing experience of my life. I don’t know that everyone would appreciate that challenge, and not everyone would see it that way.”

Winter also says that getting organized and creating processes for handling day-to-day issues helps cut down on conflict. “We’ve grown immensely in being organized to function. For the first five years, it was hard to know what to say and who to say it to. We were not organized, had no budget, and just dealing with maintenance level stuff involved a great rallying of energy. Now we have processes and an annual budget, and the machine works. Some kind of conflict stress is not necessary if you’re organized.”

Reaching consensus

In all three communities, decisions are reached by consensus rather than by a majority vote. This comes naturally to some community members but is an adjustment for others.

‘The basis of the consensus model is actually hearing everyone’s opinions and trying to find a solution that works for everyone,” Kahler says. “And if it doesn’t, it’s not quite ready to be approved.”

Harris says she is “idealist” about the consensus process. “It’s a way for everybody’s voice to be heard, unlike other places in life. The phrase I’ve heard and like is, ‘Everyone has a piece of the truth.’”

Harter says she was comfortable with consensus decision making because she’d been a member of the League of Women Voters for years, and that’s what they use. “Usually, it might take three meetings and some adjustment, but we usually reach consensus.”

Herstein, on the other hand, said he has “mixed feelings” about the consensus model. “In our early years, consensus decision-making taught us to listen to each other, to learn to compromise, and to feel more like a community,” he says. “It also improved my ability to listen carefully to others and to be aware of when I was hogging the conversation. But consensus decision-making also requires a great deal of time and energy, and in some cases can lead to harder feelings than making a decision by voting. Although it’s traditional for co-housing communities to govern themselves by consensus, I don’t think it’s necessary to do so.”

“The basis of the consensus model is actually hearing everyone’s opinions and trying to find a solution that works for everyone,” Robin Kahler says. “And if it doesn’t, it’s not quite ready to be approved.”

Continued on Page 22

Co-housing in Ann Arbor - Continued from Page 21

Akiva also has mixed feelings about consensus decision making. “Frankly, it can be annoying,” he says. “It’s slow and very process-focused. But it works pretty well for most of our decision-making needs. We get most ideas out in the open this way and pretty good decisions get made.”

Ramaswamy Aditya, who lives in Great Oak with his wife and children, says that making decisions by consensus was a small adjustment. “But I’ve been struck at how reasonable everyone is,” he says. “Things take longer than if one was to make decisions by fiat, but considering we’re all trying to look out for the good of the entire community, we have the luxury and necessity of spending that time.”

Enjoying diversity

An unexpected benefit for some members of the co-housing communities was the diversity of people and cultures they are exposed to. Several residents cited getting to know people they wouldn’t normally seek out as friends as a pleasant surprise.

Akiva says he likes the social benefits of co-housing and being able to have large group of neighbors he knows well. “Some are not necessarily people I’d go out and make friends with,” he says. “But they’re in my life in a fairly meaningful way. I have in-depth interaction with people I would not normally have interaction with. The logistical set-up makes that interaction possible.”

Ayers had a similar reaction. “One of the benefits that I get from living here is hanging out with really amazing committed citizens, people that I wouldn’t normally be friends with,” Ayer says.

“They’re not the same age, or not the same religion, or not from the same workplace, or not necessarily involved in same type of activities. But being able to live here with these people has enriched my life beyond anything I could have ever imagined. It’s not just a question of meeting them, but learning from them. They are changing me by what they’re committed to and what they’re involved with and what they know about. It enables me to learn, grow, change and be a better person than I would have otherwise. This is a real gift for me being able to live here, a blessing.”

###

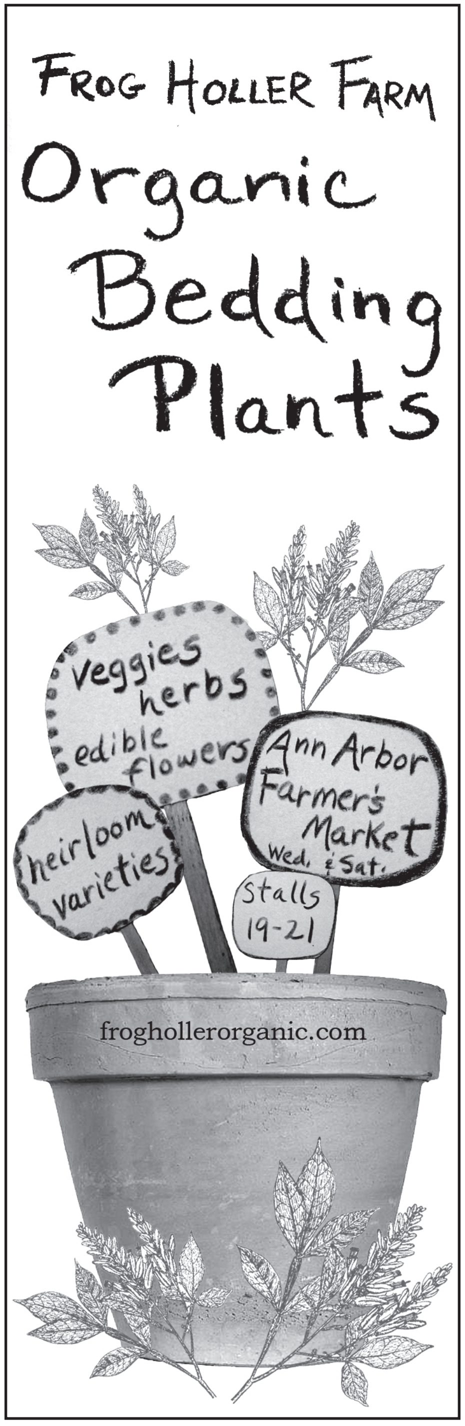
Photo by Susan Kravitz Ayer

Best Friends Forever - Xailia and Miriam

To: Jonathan Ellis

Welcome Back,
We’ve missed you!

From: All at Crazy Wisdom



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Amazing Grace ~
Barbara Brodsky's Healing Journey Continues

By Barbara Brodsky

(This is the third in a series of essays we've published by Barbara Brodsky. These essays are travel reportage of the highest order --- Brodsky is on a healing journey, and her trips to a Brazilian shaman, to overcome 36 years of deafness, are intensely personal and full of the joys and sorrows of a life being lived deeply. We've been proud to publish these essays. Barbara Brodsky is well-known and respected among meditators and consciousness explorers in the Ann Arbor region. She is the founder and guiding teacher of the Deep Spring Center for Meditation and Spiritual Inquiry*, a vibrant Vipassana meditation community (from the Theravadin Buddhist tradition). She's also an ordained interfaith minister. She's been practicing meditation since 1960, and teaching since 1989. She is the author of the* Presence, Kindness and Freedom*, published in 2003.)*

Out my window is a view of melting snow and mud, a typical mid- February day in Michigan. I returned home yesterday from my sixth trip to Casa de Dom Inácio in Brazil, the healing center run by João Teixeira de Faria, or John of God as he is affectionately called. The trip was part of my quest to overcome 36 years of deafness, and to find healing in various aspects of body, mind and spirit. My mind is still full of Brazil, of flowers, smiles, and the amazing love and energy of the place and people.

"You will hear," the numerous Entities who incorporate into João's body have told me for the past three years. "Be patient." And, "What would you like to hear first?", people have often asked me when they learn about my travels there. "My children's voices," I reply, "or the song *Amazing Grace*." Although that song was written when I could still hear, I only came to know it after I was deaf. I learned all the words, and loved them, but I had no idea of the melody or even of the rhythm of the music. Somehow I've always trusted, "I will hear this song some day."

The first day at the Casa I was sent to surgery, my usual first experience there with each visit. After several quiet days recovering in my room, and the surgery review, the Entity incorporated in Joao's body told me to sit in his "current," as they call the meditation room where the Entity does his work. This is also what usually happens for me, sitting there through the current sessions for the remaining weeks. We sit with eyes closed in meditation for between 2 and 4 hours each Wednesday, Thursday and Friday morning, and again in the afternoon. They do the majority of their healing work in these current rooms.

Sometimes, not often, the Entity gets up from his chair and walks across the room, touches someone sitting in the Current or even leads them to another place. I sat, eyes still closed, feeling like a bolt of lightening had touched me.

The very powerful energy has a reciprocal basis; the Entities support us and work on us while we meditate, and we support each other, João and spirit as we meditate and hold the energy field. The third week, I sat in the Entity's Current on a Friday morning feeling a little low in energy and also a bit sad. My group was leaving the next day (I bring people to the Casa as a guide), I was three weeks into my five-week trip and little had happened. They continue to tell me, "You will hear," and I do believe that, but sometimes it's harder to have faith in that statement. So I sat in the current with these feelings, just noting as they became predominant, "low energy, lethargic, sad, contracted." Emotions and physical sensations will arise and fall away. My practice is just to note them and not become self-identified, not to create stories about these mind and body states.

Then I felt a higher energy in the room, and some perception of music. I was literally hearing musical sounds, melody. I can't say how I was hearing it, whether in the body or the ears, but it was not just tinnitus, but true music. I opened my eyes to find the gathered group singing. One man was standing, and it was his voice I was hearing.

I was drowsing a bit when the touch came, a firm two hands on either side of my head. Sometimes, not often, the Entity gets up from his chair and walks across the room, touches someone sitting in the Current or even leads them to another place. I sat, eyes still closed, feeling like a bolt of lightening had touched me. The hands held on both sides of my head firmly for about 10 seconds, and then gave it a small shake. Needless to say, I was no longer sleepy. Mind became very still and focused. I sat up straight and had a deep and energized 3 hours of meditation.

Beside the energy experience, I also felt deeply loved and seen, that my needs were truly known and recognized. I was told later that it was Dr. Valdivino incorporated at that session, the Entity who has been working with me most consistently through these years. He knew how I was feeling and gave that support. It's a good reminder that the Entities do know my needs and are helping me, as they keep reminding me verbally. As the hands released, a flow of my tears also released, and tension I didn't know I was feeling. My head continued to tingle there for the rest of the afternoon and evening and into the weekend. Doubt dissolved. I know that right there with deafness is hearing. My practice the past few visits has been to focus less on "getting" hearing, but on knowing that which can already hear and supporting it. There is no denial of the deafness, just simultaneous acknowledgment that the basis for hearing is also there.

Every Sunday morning there is an English language Interfaith Service held at the Casa. I often go when there is someone willing to sign for me, but have never gone alone, as I would just sit with no way to know what was said. That Sunday I felt moved to attend, though I struggled with it a bit, thinking I would regret it since I could not hear anything. The pull was strong though illogical, but my heart said, "Go." When the service started, the man leading it began to talk and I just closed my eyes and sat meditating for half an hour. Then I felt a higher energy in the room, and some perception of music. I was literally hearing musical sounds, melody. I can't say how I was hearing it, whether in the body or the ears, but it was not just tinnitus, but true music. I opened my eyes to find the gathered group singing. One man was standing, and it was his voice I was hearing. I recognized him as a man I had seen singing several times during the preceding week, on the stage in the main hall, and elsewhere.

As my eyes focused on his face, I began to lip-read the words, "How precious did that Grace appear, the hour that first I believed." He was leading the group singing *Amazing Grace*. I was hearing the music! I turned to face him and let the music come deep into my heart. Each note reverberated there. We went through all seven verses. Each note had clarity and a purity of sound. My body was shaking so hard I could hardly control it, and tears were streaming down my face. As the closing notes sounded, I had to run from the room, sobbing. A friend came out to help me and learn the cause of my tears, then hugged me and cried with me when she heard the story.

When spirit opens doors, she does it in a whole-hearted way. The singer, Stephen, is a well-known baritone opera singer. One person who read about this in my journal said, "What a classy reintroduction to the musical world the entities have provided by putting you within ear shot of Stephen! I easily admit to some envy there!" Yes, spirit doesn't orchestrate things half way. If *Amazing Grace* is to be the first music I hear, as I had prayed, it will have to be with a world-class singer! When I spoke to Stephen after the service, he was as moved as I was. There are no accidents. We both highly valued this occasion.

Two days later he came to my pousada for a personal concert of *Amazing Grace* and other songs. At one point I had the opportunity to sing it with him; we had no word sheet; I was the only one who knew the words to all seven verses so I had to sing loud. Stephen said of my singing, "She is hearing it!"

The hearing is not consistent and is still connected only to music, not yet words. But in the remaining two weeks I heard enough more music to know it was real, and would grow and continue.

What is healing? How does this process work? Each time I take another step I realize how little I understand. We move with faith and the intention for the highest good, and have no idea what will happen next, but need to trust the power of loving intention. My highest intention is not to hear, but is to service and toward whatever is for the highest good of all beings. The intention for hearing is there, but without grasping. Thus, I can't know what may come next, only trust the process and keep my heart open. If spirit is running the show, then spirit is running the show. Can I let go, as Aaron sometimes asks me, sit back and leave the driving to God/ Goddess, whatever power is at the wheel? Perhaps this letting go is the true healing, for only here do we release our identification with fear and the contractions of fear and live in Love. When mind and body are uncontracted, we are truly open to the power of Love in our Selves and the universe.

We move with faith and the intention for the highest good, and have no idea what will happen next, but need to trust the power of loving intention… If spirit is running the show, then spirit is running the show

This afternoon I went to the market, needing to fill my empty refrigerator and pantry. I could feel some small tension, on this first day back to every day life and all the tasks it brings. The body was contracted and my back hurt. I was pushing, not flowing. As I was shopping, a student, not someone I know well, walked up to me with a loving smile and a large bouquet of pink tulips. "These are for you," she said, indicating with the receipt that she had already paid for them. Just that and a hug and she was gone. What a wonderful reminder; be present and Love is here. Let go and live in Love.

###

Wisdom within the wreckage ~
Dabbling with divinity in a tea cup

By Colette Gehr

“Tea is instant wisdom - just add water!”
--- Astrid Alauda
“There is a great deal of poetry and fine sentiment in a chest of tea.”
--- Ralph Waldo Emerson

One often wonders what secrets could be revealed within the sodden wreckage of tea leaves left at the bottom of a ceramic cup and that mystery can be easily solved with a visit to a spiritualist experienced in the ancient art of tealeaf reading.

Since my early teens, I have fond memories of my mother initiating me in this particular tradition, and I looked forward to the twice-yearly readings she would bestow upon me. The routine may have always been the same, with a selection of a special teapot and cups and certain customs to follow, but the tale of the cup would be heartwarming and different each and every time. With great purpose, she would remove her glasses and peer intently into the remains, taking immeasurable care to gather the messages left behind and voice them to me.

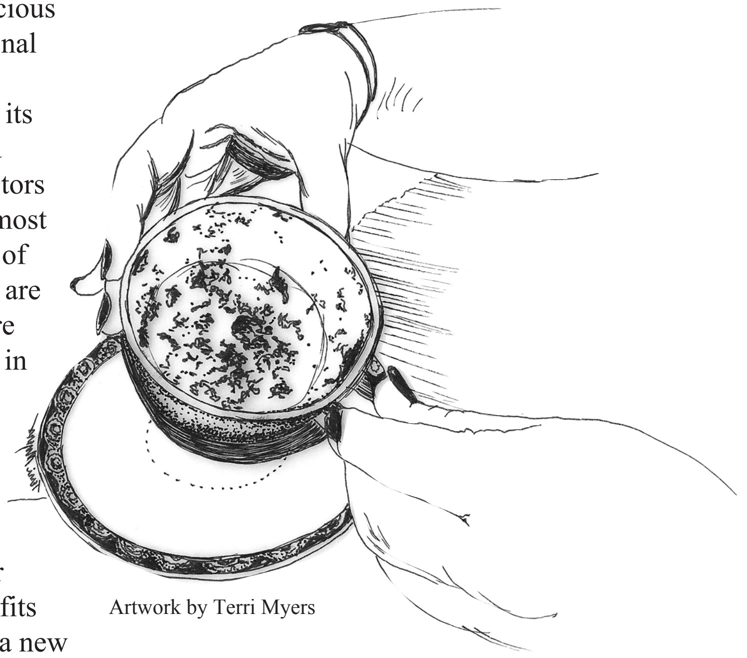
Reading for family and friends, she carried on a practice, passed down from *her* mother, that was, at times, chillingly accurate. In one case, she had read for one of her best friends and not only told her she was pregnant, but also she was carrying twins. The woman was astounded as she hadn’t even told her husband yet and went on to deliver two babies many months later.

For others as well, a reading can lead to a restorative journey along with their soothing brew. “There are people who come to the tea room down and out and then have a reading after which they completely turn their life around in a positive way,” says Carole Navarre, current owner (along with daughter, Heatherleigh) of the Boston Tea Room in Wyandotte. “They often return with good news and thank us for our assistance.”

> Officially known as tasseography, this creative ritual, which relies on interpreting patterns or symbols lingering from tea leaves in a cup, may not be as well known as other divination practices (such as palm or tarot card readings), but can often be a deeply insightful experience

What initially began as a way to encourage business for The Nibbler Restaurant, the Boston Tea Room was created by then-owners Gerre and Phil Moisson, in the spring of 1982, to accommodate the growing demand for readings by Massachusetts native, Rita Moisson. “After dinner, they began holding Friday night readings. They became so popular that people began to come in just for readings and nothing else,” adds Heatherleigh. “Because of this, they created a special area on the second floor of the building and named it the Boston Tea Room for readings of all variations.”

At the time, it was illegal to charge for divination services so they conjured up a small lunch to harmonize with the readings. “Things have come a long way since then, when a lunch and a reading was only five dollars,” remembers Carole. “To this day, I still have people commenting on the delicious chicken salad while reminiscing of the exceptional readings Aunt Rita gifted them with.”



Artwork by Terri Myers

While the location has moved several times, its reputation has endured the passage of years and maintains an eclectic clientele that includes doctors as well as FBI agents. Readings are generally most popular with women but currently the numbers of young adults and men coming through the door are increasing rapidly. “Interestingly enough, we are also seeing a trend of couples on a date coming in for a reading together,” says Heatherleigh.

Awarded many honors along the way, the Boston Tea Room has been named “Best of Detroit” by readers of *Metro Times*, the *Free Press*, and *Hour Detroit* magazine, and is one of the few establishments statewide to offer this type of service along with many other benefits inside its relaxing walls. Due to its popularity, a new location has recently opened in Ferndale.

Ensconced within an intimate setting in a private room, clients immediately feel at ease in a happy bubble of coziness that would lead even the wariest clients to be open to the surprises that await them. “I have found that everyone’s reading is unique. I am often amazed at how diverse the readings can be with the small canvas you are looking at, and how much detail you can get from such a small cup,” adds Heatherleigh. “The most common reaction is surprise all the way across the board, that in this little brown mess left in a common cup are secrets about your life and the world around us.”

Officially known as tasseography, this creative ritual, which relies on interpreting patterns or symbols lingering from tea leaves in a cup, may not be as well known as other divination practices (such as palm or tarot card readings), but can often be a deeply insightful experience. While the traditional practice has maintained certain procedures, the nature of the method has been modernized in these changing times. Reading for over 10 years, Rhonda Morgan of the Boston Tea Room feels the new way is much more specific. “As long as there are tea leaves, it is more about the texture than the type of tea,” says Morgan. “And the modern version requires so much more psychic talent along with an imaginative mind in which you can receive much more information in a reading.”

Beginning with placement of a small amount of loose tea in a china cup filled slightly with hot water, the client is asked to swirl the remains as she wishes and pour the excess liquid out when she desires. When done with the draining, the cup is placed upside down on the saucer by the reader for the client to rotate three complete turns clockwise. The reader then picks up the cup and articulates the meanings behind the images she sees and the time frame (usually within the year) associated with them, ending the session with any questions the client may have.

As one of the readers at the tea room, Heatherleigh comments, “You really have a small window you are looking into and you have to go beyond that and connect with the spirit, and find symbols with meaning to that particular person’s life, and rely more on intuition. It really takes focus, and connection with your intuition, to meaningfully read tea leaves.”

However, in performing readings on your own, it is not recommended that you cut open tea bags and attempt to read those contents, nor to completely rely on symbol dictionaries for psychic intervention. “I feel that you should use caution when using symbol books as they don’t deal with the modern world,” says Morgan. “Limit those cheating guidelines and read from the true images before you.”

Going back as far as ancient Greece, when they read sediments left in their wine, the practice has been used for centuries by those seeking remedies to problems they are encountering --- whether they are of a physical or spiritual nature. Often passed down from family to family, the tradition is generally attributed to Gypsy fortunetellers. In fact, tea leaf reading has roots within the Middle East, Asia, and Ireland. “I have a real connection to people who come from European or Middle Eastern heritages, who are drawn to an esoteric or more mysterious divinity,” adds Heatherleigh.

For visitors who question if they, too, have the same gift to read the contents of a cup, the answer lies not only within themselves, but can involve class work as well. “I feel all people have psychic abilities and whether or not you develop it is up to you. Some people have stronger intuitiveness than others. Some are great and some only have an enough talent to keep them afloat,” adds Morgan, who also teaches a class in tasseography at the Boston Tea Room. “Anyone can learn it and if they work at it, they can become very good. For my classes, to truly be good, one must practice it. I can only teach a person so much…the rest has to come from you.”

Tealeaf reading can be a fun and inspiring way to take note of the messages we may not otherwise discover. “There is a resurgence of this type of divination because it is more uniquely specialized,” says Heatherleigh. “Now people seem to be embracing it and requesting this type of reading more often.”

For more information on the Boston Tea Room and the services they provide, call (734) 281-2244 in Wyandotte, or visit their website at www.bostontearoom.com. The phone number for the new Ferndale location is 248-547-2987.

Colette Gehr is a freelance writer based in Holland, Michigan. Her poetry was featured in the Fall 2008 issue of The Crazy Wisdom Journal. *She can be reached at cooliedanc@hotmail.com.*

###

Music Reviews

NEW MUSIC at Crazy Wisdom

Sound Peace cd: The 25th Anniversary Collection Volume 2
by David and Steve Gordon

DAVID & STEVE GORDON
SOUND PEACE
THE 25TH ANNIVERSARY COLLECTION, VOL.2
The Very Best of
David & Steve Gordon's
Music for Meditation, Healing and Spas
Let go of stress and experience peace of mind with soothing music from acclaimed sound healing music pioneers.
This 25th Anniversary Collection also includes 3 new songs and one previously unreleased song!
SEQUOIA RECORDS

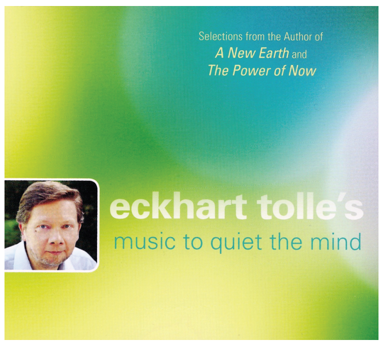
This very best of sound pioneers David and Steve Gordon's music for meditation, healing, and spas includes four new and unreleased songs. Let go of stress with this serenely beautiful music featuring grand piano, acoustic guitar, harp, flutes, and nature sounds. Used by leading spas and clinics, this music is powerfully effective for meditation, healing, yoga, reiki, sleep, and relaxation. *The Guide to New Age Music* writes, "A peaceful retreat from the world's tensions... A must have!" The Gordons' have sold over 1.5 million albums since 1982. Shelved with Meditation music. $15.98

Drum Cargo cd: Rhythms of Fire
New drumming music by David and Steve Gordon

David & Steve Gordon
DRUM CARGO
RHYTHMS of FIRE
Energize with the Global Beat
Feel the power of the ancient pulse in these exhilarating world drum grooves from every corner of the planet by award winning masters of rhythm.
SEQUOIA RECORDS

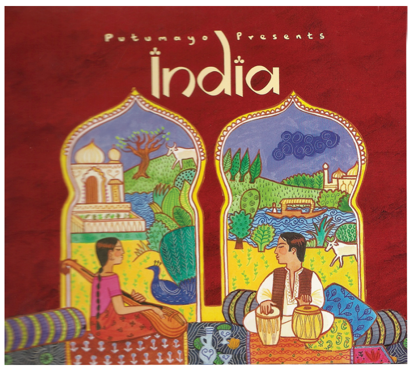
Another wonderful new cd, and very different from *Sound Peace*, is *Drum Cargo*, an exhilarating drum expedition of exotic percussion and native flutes. Connect with the healing power of the ancient beat with these entrancing grooves of drums and percussion from every corner of the planet. An energizing drum trance journey great for dance and movement, exercise, driving or any time you need a lift. Move to the deep resonance of primal world rhythms and get in sync with the heartbeat of the earth. *Billboard Magazine* writes, "The Gordon's have juiced up the tribal groove. Their rhythms are compelling." Shelved with Drumming music. $15.98

Eckhart Tolle's Music to Quiet the Mind cd
by various artists


Selections from the Author of
A New Earth and
The Power of Now
eckhart tolle's
music to quiet the mind

Relaxed listening is one of the most effective ways to realize what Eckhart Tolle calls the "joy of Being". With *Music to Quiet the Mind*, you have a golden thread into the vast spaciousness and power of presence. Purposefully sequenced for a grounding and calming effect, this inspirational compilation includes the soothing voice of Deva Premal, international superstar of chant, ambient selections from the avant-garde musician Steve Roach, a modern arrangement of Satie's Gnossienne 3, and the pure and healing sounds of Tibetan flutist Nawang Khechog, among others. "Music creates a bridge for people to move out of thinking and into presence, teaches bestselling author Tolle. This renowned spiritual teacher offers a hand-selected collection of his favorite pieces to transport you to the space and beauty of the Now. Shelved with Meditation music. $17.98

India cd
presented by Putumayo World Music


Putumayo Presents
India

This captivating musical masala features mesmerizing vocals as well as gentle beats in the rich tradition of Indian music. Indian music is probably best-known around the world as a result of Ravi Shankar's influential sitar performances and, more recently, popular films. Other classical Indian instruments are equally significant, like the tabla and santoor. Beyond Bollywood, there are other pop and traditional genres such as the rhythmic Punjabi dance music called bhangra and the devotional Sufi qawwali. This collection offers a broad sampling from traditional sounds to Bollywood pop hits, plus contemporary songs blending the influences of East and West.
All Putumayo music cds are only $13.95 at Crazy Wisdom!

Touching Wholeness: Yogas of Tibet

Tantric Buddhism has developed a unique and powerful system of moving yoga that unites breath, postures, movement and visualization to heal body and mind and awaken subtle levels of well being. Methods of Trulkor, or Yantra Yoga, exist in both the medical Tantras, where they work to balance and harmonize body, emotions and mind, and also in the Secret Tantras, where they are part of the inner work of awakening mind to Buddha nature.

A-tsal Khandro combines 15 years of extensive study of both methods with 25 years experience as a psychotherapist specializing in the relationship between body, mind and feelings.

This introduction to the Yogas of Tibet is an excellent way to discover this dynamic form of emotional and mental balancing and spiritual awakening. It also acts as the prerequisite for on-going classes in the Yogas of Tibet.

June 26, 7:30 pm | Free introductory talk
June 27, 9:30 - 4:00 | cost $65

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If you want to know what's going on in the wider body, mind and spirit community in the Ann Arbor region, ***sign up to get on our Email List.*** Yes, it's true, you will get some emails from Crazy Wisdom about store events and happenings, but more importantly, you will be receiving emails, through us, from many organizations and centers and groups that sponsor the kinds of events, classes and programs that ***you care about.***

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with
Brenda Morgan, PhD

This evening is set aside for those who are drawn to and/or wish to explore their connection with someone who has gone through a spiritual transformation. Others may come on a more regular basis, continuing to deepen their understanding of life and evolution, intensifying the ability to Respond while remaining active in the world.
During these events, what Brenda shares arises from the intuitive and evolutionary needs of those who attend.

May 7th, June 11th, July 9th
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Brenda has gone through a spiritual change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

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Buying and Eating Locally Grown Food

Community Supported Agriculture ~
A Guide to Joining a CSA Farm in the Ann Arbor Area

Organic
Fresh!
Sustainable
Food Security
Local
The Future

By Rachel Pastiva

In the fields at Tantré Farm

Take a drive out to the country. Just pick a road that heads out of town and start driving. At first, you'll see subdivisions, and maybe a church or cemetery you didn't know existed. As the speed limit increases and the houses become less but larger, you'll notice traffic lights replaced by the commotion of birds as they dart in front of your car. Open fields dominate the countryside and abandoned barns stand almost invisibly among the overgrowth of brush and trees as relics of a forgotten time. Among these fields, you may find a farm or two that still operate, and think to yourself that the farmers themselves are relics of the past. You'd be wrong of course, because these farmers have actually glimpsed our future.

I've confused you, haven't I? Here I was leading you on a relaxing drive through the country and now I'm suggesting that somehow *farmers* hold the key to our future? The only thing I can say to that is: they do if we'll let them.

There was a time in our country's history when 95% of the work force worked on farms. Now census reports no longer list farming as an occupation. Perhaps you consider this a sign of progress. I'm sure industrialized agriculture seemed like progress when it began spreading across the United States. However, when seeds are genetically modified to react a certain way to chemicals sprayed from computerized machines, and major agricultural states like Iowa import most of the fruits and vegetables the state consumes, I'd say progress has turned dangerous. Fortunately, in a time when it is easy to feel enslaved by the mandates of corporate agriculture, local farms are offering us a way to treat both our bodies and our planet the way we deserve, by taking part in a movement that may change the way America eats.

Community Supported Agriculture

The movement I'm referring to is Community Supported Agriculture, or CSA, an agricultural model that builds a direct relationship between farmers and consumers. The consumers, or "members," share in the risks and rewards of the farm by providing financial support for its operation in exchange for a weekly share of the farm's harvest. People who participate in CSA support local farms, receive fresh and generally organic produce, connect to the land and build community.

Vegetables at the market from Frog Holler Farm

Although it is impossible to track, the internet lists over 2,300 CSA farms currently operating in North America. CSAs are established in ry state of the country, including a dozen in the greater Ann Arbor area. Though CSAs began appearing in the United States in the mid-1980s, the majority of CSA farms are recently established, in what is considered the third wave of the CSA movement. I recently had the pleasure of speaking with Elizabeth Henderson, author of *Sharing the Harvest: a Citizen's Guide to Community Supported Agriculture,* an indispensable guide on establishing a CSA farm. Henderson, who has been farming a CSA for over twenty years, believes the increase in CSA interest is due partially to literature reaching the general public about the importance of eating locally. Best selling titles like *The Omnivore's Dilemma: A Natural History of Four Meals* by Michael Pollan and *Animal, Vegetable, Miracle: A Year of Food Life* by Barbara Kingsolver have brought to light the hazards of the average American diet and urge us to take more responsibility for the food choices we make. People begin to seek local alternatives when they understand the impact of their food choices on the environment and their own health; CSAs offer a solution for both. And, as Henderson says, CSAs are easy to join, which makes them accessible to the general public.

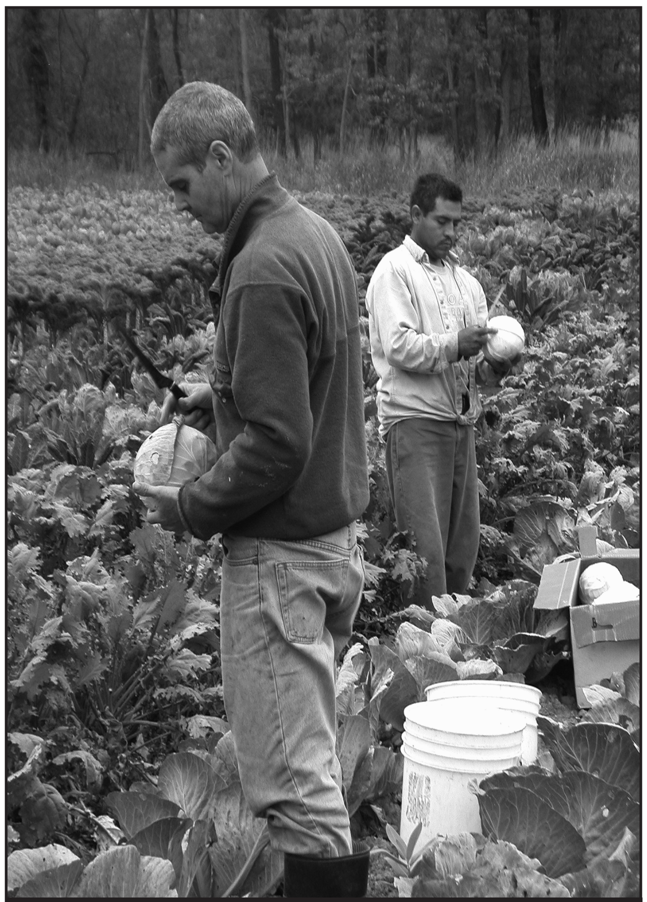
Part of what makes CSAs accessible is the variety of forms they take. In general, there are two approaches: the shareholder-based approach and the subscription-based approach. The shareholder-based approach is closely tied

Continued on page 28

> **"Growing food is the most basic use of the natural resources of the Earth, and through food production, we make our own working landscapes, ranging from patchworks of tiny gardens with diverse plantings to vast fields of single crops. How each society or nation produces and distributes food in large measure determines its identity."**
> **— Elizabeth Henderson from *Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture***

A Guide to Joining a CSA Farm

Continued from page 27



Cabbage Harvest at Tantré Farm

to the original U.S. CSAs, and actively involves its members in farm operations. Farms that operate this way are considered to be owned by the shareholders, and a core group of members make the important decisions regarding the farm, including who the farmer will be. These farms are more likely to require members to contribute a certain amount of time to farm work, as a core belief of the shareholder approach is developing a connection to the land. A local example of this approach is Community Farm of Ann Arbor, the oldest operating CSA in Ann Arbor.

The majority of CSAs in America, including all but one in the Ann Arbor area, are subscription-based. Subscription CSAs are often privately owned and operated by the farmers and if necessary, farm apprentices. For a fixed price, members can share in the farm's harvest over the course of a growing season, which, in Michigan, is 18-20 weeks. Subscription-based CSAs are quickly spreading across the country because they offer the most flexibility. These farms individually determine what extra services to offer their members, making them accessible to a broad range of people.

What to Look for in a CSA

It is important for anyone interested in participating in a CSA to research available options, and research early, as most CSAs are full by the end of March. The website www.localharvest.org is an excellent source of information. In part, Local Harvest offers a directory of CSAs by state or zip code, including important highlights of each farm and easy links to farm websites.

"We need to develop an agricultural culture and economy, rather than a consumer culture and economy. I believe the reason we are in the problem today environmentally and economically, is because of unsustainable consumption. We need vision and perspective. We need to grow and cook our own food and quit buying into the corporate economy."
---Richard Andres from Tantré Farm

For most people, cost is the biggest consideration. In fact, because a share can be up to several hundred dollars and the balance is generally due before the season starts, it's not uncommon for people to think CSAs are too expensive. But for the cost of a share, members receive weekly portions of locally grown, freshly picked produce with higher nutritional content than any purchased from a grocery store. Most CSAs also offer organic produce and all of them are guaranteed to have farmers who can answer any questions about the food they grow. According to "Farmer John" Hochstetler of Our Family Farm in Manchester, CSAs actually save money. "One of our members told us last year that every month she was a member she saved $150 on grocery bills and that was half a share…It's well advertised that if you want to save money, join a CSA." Like Our Family Farm, some farms offer half shares to members, while other farms, like Tantré Farm in Chelsea, encourage their members to split a full share. Many CSAs also offer discounts on shares if you register early, or if you are willing to pick up your share at the farm instead of an off-site location.

Another important consideration when looking for a CSA is the pickup time and location. In addition to farm pickup, most offer at least one additional location to make it easier for members to pick up their shares, and some farms offer several locations and times. Farmers markets are popular pickup locations and a lot of local CSAs have pickup times scheduled at one or more of the following: Ann Arbor Farmers Market, Westside Farmers Market, Chelsea Farmers Market or the Downtown Ypsilanti Farmers Market.

Other basic information to research includes the CSA's growing season, what type of produce and other items the farm offers, whether the farm offers informational newsletters with weekly shares, and if there are volunteer requirements to join. While the length of a farm's growing season may not necessarily impact your decision to join, the food might. In addition to providing various types of vegetables and herbs, farms may offer a variety of other items including honey, eggs, flowers, and poultry. These items may or may not be included in the price of a share. Old Pine Farm in Manchester is a meat CSA that offers grass fed beef and lamb, free range pork and chicken, emu and eggs. The season for a meat CSA is completely different than that of a vegetable CSA, but the animals are cared for compassionately and their offerings are just as fresh and nutritious. There are not many meat CSAs established in the country, but Kris Hirth, owner of Old Pine Farm believes this will change. "I don't think the demand for meat is quite as high as for vegetables. However, as people become aware of the current industrialized meat system and what animals have to suffer through to end up in the grocery store, the desire for clean, humanely raised animals/meat has continued to grow. The national meat recalls are only a small glimpse of the total picture, and also affect the desire for local farm raised meats. I do see meat CSAs growing and becoming more popular as time goes on."

People who join CSAs become food activists in doing so, and nurture a food system that has the power to replace corporate agriculture. Choosing local, organic farms as the source of our food supply is the first step in building sustainable communities.

Newsletters may seem like a bonus, but many members find them indispensable. Tantré Farm's newsletter is full of information about each item in the weekly share, including flavor, nutritional value, how to prepare and how to store. Tantré Farm's newsletter also includes recipes, farm announcements and ruminations on the life of the farm. Newsletters educate members on new varieties of produce they may have never tasted before, let alone prepared in a meal. They also connect members to the farm by giving them a sense of how the farm operates and showing them when particular vegetables are harvested throughout the growing season. In addition to, or instead of newsletters, some farms offer valuable information on their websites including blogs and recipes. Cathy King of Frog Holler Organic Farm in Brooklyn maintains a monthly blog, "Frog Log," year round. The Frog Log is a thoughtful, often humorous, glimpse of the trials and tribulations of farm life that shows readers what it really takes to run a farm and is a worthwhile read.

Another way people can connect to the farm is by volunteering to work on it. Some farms, like Community Farm of Ann Arbor, strongly encourage members to volunteer. In fact, at Community Farm, members who do not volunteer at least 15 hours during the growing season to help with farm tasks pay an additional $125. Beautiful Earth Family Farm in Chelsea encourages members to

Pigs at Old Pine Farm

Grazing Sheep at Old Pine Farm

commit to 6 hours of volunteer work during the season, but it is not necessary, and the cost of the share is not affected either way. Tantré Farm doesn't need members to help with farm tasks, but offers three work days during the growing season for members who want to connect to the land. "We really encourage people to come out to the farm to see the land, the animals, and the farmers in order to really know where their food comes from," says Deb Lentz, owner of Tantré Farm with her husband, Richard Andres. "If they can help us out by putting their fingers into the soil even for short periods of time, it's an extra perk for them and for us, but working is not absolutely necessary for members to be supportive and connected. It is an enrichment." Other farms, like Valley Family Farm in Milan, don't offer any form of volunteer work, but encourage members to visit the farm to meet the farmers and see the land their food is grown on.

In a time when it is easy to feel enslaved by the mandates of corporate agriculture, local farms are offering us a way to treat both our bodies and our planet the way we deserve, by taking part in a movement that may change the way America eats.

Of course these characteristics are important to consider when researching CSAs, but after cost the most important consideration people have is whether or not the farm is organic. Now I caution you not to slip back into the standards of corporate agriculture and seek only farms that are USDA certified organic. While the "certified organic" label puts our minds at ease when we see it appear on containers we purchase at the grocery store, when it comes to small, privately owned farms, this designator becomes somewhat arbitrary. The amount of recordkeeping required, along with expensive membership and inspection fees make it difficult for small scale farms to become USDA certified organic, even though they use organic farming practices. Two Creeks Organics in Manchester has opted to become Certified Naturally Grown (CNG) instead, to assure prospective members of their organic farming practices. CNG is a certification program established by small scale farmers in response to the USDA National Organic Program's certification requirement to use the term "organic." Though CNG uses the same standards the government uses, the fees to join are minimal and inspections are done by other Certified Naturally Grown farmers. CNG is a legal, nationally recognized and endorsed certification program that gives small farms the right to advertise their practices as organic. Some farms choose not to become certified in any way because organic certification actually restricts some sustainable practices. Because of the myriad of extenuating circumstances involved in organic certification, it is important not to judge a farm based on whether it is organically certified or not. Instead, take the time to ask farmers about their individual farming practices.

Once you have decided what farm you would like to join, the only decision left is determining how involved you would like to be in the CSA, as many farms offer community events in addition to weekly shares. From farm tours to harvest dinners and festivals, farms find ways to connect members to the land and each other. Some farms find it especially important to connect with children, and offer special programs geared specifically towards them. Chandra Mitchell, owner of Beautiful Earth Family Farm with her husband Adam, is offering a one week summer day camp this summer. "I believe that children are born with a natural love of the earth. I want to help bring that out in children who may have forgotten this natural love of nature and to nurture the ones who already carry that love." Two Creeks Organics also hosts week-long summer day camps for children. This year they will offer 8 weekly summer day camps for children ages 6-12 and will provide transportation to the farm for an additional fee. They also provide shares to three Gretchen's House Child Development Centers and host visits from the centers, as well as tours for schools, scout troops and other childcare groups. Community Farm of Ann Arbor also hosts field trips for students from kindergarten through college.

By now you can see that joining a CSA involves more than just picking up a box of produce from the local farmers market. In fact, it requires more than a financial and time commitment. For many people, participating in a CSA requires a complete lifestyle change, and is not one that should be taken lightly. "In this life, we want everything done for us," says Richard Andres of Tantré Farm. "But this is like self help: you have to make the effort and there has to be some kind of program. We're willing to come half way. We'll put this together and make a newsletter and grow this stuff but you're gonna have to put it together. You're gonna have to come pick it up and make a special effort if that's what you want."

The Key to a Sustainable Future

Amidst the backdrop of economic uncertainties and abusive agri-business, community supported agriculture empowers us to make choices for ourselves that positively impact our future. People who join CSAs become food activists in doing so, and nurture a food system that has the power to replace corporate agriculture. Choosing local, organic farms as the source of our food supply is the first step in building sustainable communities. Anne Elder of Community Farm of Ann Arbor thinks people are beginning to wake up to the importance of local agriculture. "I think as our culture becomes more awake, rather than asleep as I think in general it is, people will see the importance of local food, the importance of organic agriculture…They're gonna start seeing what really is sustainable to our country and then to the earth's future, and make their decisions based on that and not their desires." Richard Andres of Tantré Farm agrees that there needs to be a shift in our country's values. "We need to develop an agricultural culture and economy, rather than a consumer culture and economy. I believe the reason we are in the problem today environmentally and economically, is because of unsustainable consumption. We need vision and perspective. We need to grow and cook our own food and quit buying into the corporate economy."

******

As your drive past the farms of our future ends and you start to head home, the expanse of open fields is again replaced by sidewalks and subdivisions, traffic lights and car exhaust. You may begin to wonder as you wait at an intersection for the light to change, how you could possibly make all the changes necessary to build a sustainable future. Just remember that change starts with a single step. "There needs to be change in our country. And so many people are afraid of change. [But] change doesn't have to be bad. Change doesn't have to be tremendous. Or so daunting that you have to give everything up. That doesn't have to happen. Change can be graceful, and it can be fun and empowering and compassionate. And to me that's a big part of what the CSA movement is: a good change."—Anne Elder

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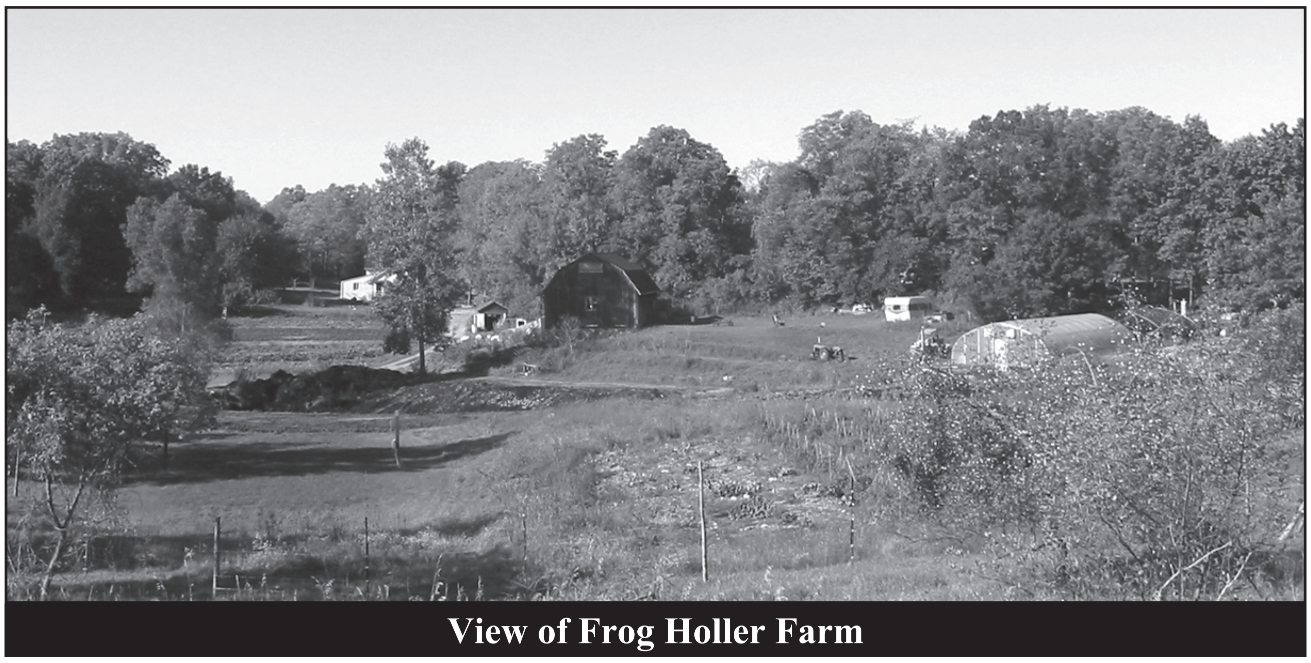
(***Farm Photos continue on the next page, and then we spotlight 8 individual CSA's starting on page 32.***)



View of Frog Holler Farm

Greg Hart washing Hakurei (white salad turnips) at Tantré Farm

Paul Bantle of Community Farm

Community Supported Agriculture

"For most of human history, people have been connected with the land that fed them. Growing (or hunting and gathering) food somewhere nearby is basic to human existence, as basic as breathing, drinking and sexual reproduction. If this basic connection breaks down, there is sure to be trouble."

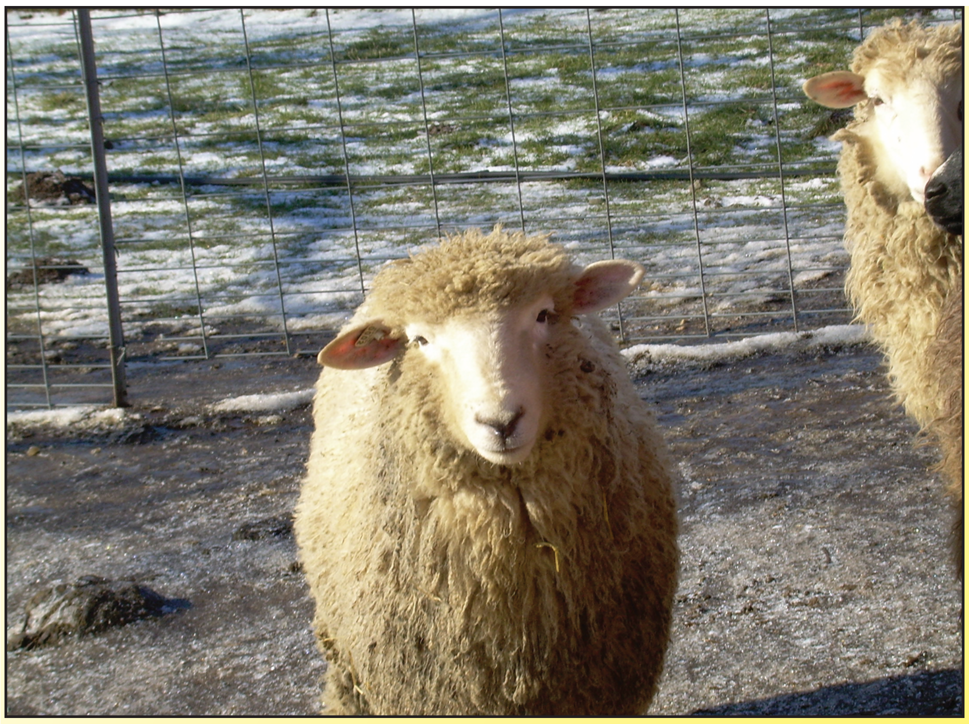
--- Elizabeth Henderson from
Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture

Casey Hirth and chicks at Old Pine Farm

Joan with lettuce - Jupiter with ball at Frog Holler

Flourishing Vegetables at Frog Holler

"Chloe" is a Scottish Highlander (a heritage breed) at Old Pine Farm



Sheep at Old Pine Farm

Photo by Mary Runser

Kenny, Edwin and Billy King of Frog Holler Farm

> "I hope we will be able to spread the word about community supported agriculture in language that opens doors to people. We may have to drop some of our favorite jargon—even the word sustainable—and talk, instead, about keeping farms in business for the long term, making sure that everybody gets enough nourishing food to eat, and living in a way that respects the natural limits of the world around us."
>
> ---Elizabeth Henderson from *Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture*

Christine Cox at Tantré Farm

Paul Bantle and Anne Elder of Community Farm

Anne Elder of Community Farm

Become a Food Activist: Join a CSA!

Continued from page 31

Photo by Griffin Lindsay

"[CSA is] people being directly involved with the earth, the air, the sun and the rain. Bring children to touch the animals and play in the fields of the Lord."

---Paul Bantle

Community Farm of Ann Arbor

Community Farm of Ann Arbor uses the classical, shareholder-based approach to CSA. It was established in 1988: only two years after the first two CSAs in America. While the original CSA farms were being established in New England, two women in Ann Arbor were unknowingly preparing themselves for their roles in the eventual move of CSA to Ann Arbor. Cindy Olivas and Marcia Barton were both interested in alternative movements and together attended a two-year course on biodynamic farming at Camphill Village in Kimberton Hills, PA. When they returned to Ann Arbor in 1988, Trauger Groh, a co-founding member of one of the original CSA farms, came to Ann Arbor to speak about the new agricultural movement spreading across the country. Over the course of a week, Groh spoke at different venues and attracted a small but loyal following of community members who became interested in the movement. A core group of about 125 people, including Olivas and Barton, agreed to help organize and financially support a farm. Cindy Olivas and Marcia Barton volunteered to farm the land, and Groh left the members to secure the land that would become the farm.

With the farmers determined and the members committed, the group found land to rent on Whitmore Lake Road. With all the components in place, Community Farm of Ann Arbor was founded, though it was a long time before the members felt secure. Within the first five years, both Olivas and Barton moved on to other projects and the farm moved twice. A founding member named Anne Elder took over farm operations with her partner Paul Bantle. Because farming on rented land offered no permanency, Anne and Paul did not feel comfortable planting crops that needed more than a year to flourish. The Potawatami Land Trust was formed by interested farm and community members to secure land for the farm.

Securing the land became a ten-year, $75,000 project full of garage sales, bake sales and music festivals designed to help raise money so Community Farm of Ann Arbor could afford a lease. During this time, the Potawatami Land Trust moved on to other projects and eventually became the Washtenaw Land Trust. In 2004, Community Farm of Ann Arbor was able to secure an 89-year lease for the farm from their landlord. They also purchased the development rights which restricted use of the land to agriculture or open land forever.

Community Farm of Ann Arbor operates as a biodynamic farm, a method that only a handful of the thousands of CSA farms operating today have adopted. Developed by Rudolf Steiner in the 1920's, this method sees farming as a spiritual science. "We believe there is spirit in everything: spirit in the rocks, spirit in the river, spirit in the trees," says Anne. "And we work with those spirits, recognize them, call on them to work with us so that we can actually help heal the earth." But it's not just the earth that experiences healing. By listening to the earth and supplying it with what it needs, the earth in turn produces nutritious food that can help us heal as well. It is evident in the way Community Farm of Ann Arbor operates that the spirit inside each of us is important too. "We believe that each person has divinity in them and what we try to do is see that in them and help them see it in each other," Anne says.

Anne and Paul meditate on a daily basis, a practice that in part, allows them to remain open and responsive to the earth's needs. According to Paul, this is closely linked to Steiner's vision. "In his world renowned lectures on biodynamic farming in 1924, Rudolf Steiner stated that the farmer should be a meditator. That was a foretelling, at least for Community Farm of Ann Arbor, for we meditate every morning and every night…and this contributes immensely to the atmosphere and well being of the farm organism."

. In order to make the farm accessible to more people, Community Farm uses a sliding scale, in which members pledge how much they are capable of paying for their share of the farm's harvest. In 2009, members can pledge between $700 and $1700 for a share. Members therefore not only support the farm, but each other, as some members agree to pay a higher pledge to make shares available to people with lower incomes. The farm also offers a couple of scholarships each year.

You might think that expecting some members to pay $1,000 more than other members is a bit unfair, but the members themselves have determined what the sliding scale is going to be. You see, members of Community Farm of Ann Arbor have a say in every aspect of farm operations, including the budget. Each year begins with an annual budget meeting in which members determine the budget for the upcoming year. As a fully disclosed farm, Community Farm's members see exactly what their money is paying for throughout the year and find out not only what is not going into the food they eat, but also what it takes to grow that food.

There are also member meetings throughout the growing season during which members vote on a variety of topics, from what kind of vegetables to plant to whether they should build a website for the farm. Anne admits that change is slow to come to Community Farm, a side effect of the decision making process the farm employs, “consensus voting.” This form of voting gives each member an equal voice, and requires that all participating members agree before any changes to the farm take place. Whether members have been a part of the farm one year or twenty, their voice is important. Anne believes this is a valuable part of farm operations. “It’s a lovely thing that you, no matter who you are, you’re really important. But it’s also a very *different* thing because a lot of people have been disempowered in our society. They don’t think their voice is important.”

Members have a lot of say about the farm because the members are the ones who own it. Members are also expected to help maintain the farm. In fact, members who are unable to volunteer at least 15 hours during the season are required to pay $125 more for their share. Of course, the members aren’t solely responsible for running the farm. Every year the farm has several apprentices who work between 15 and 40 hours a week. A broad range of people become apprentices; some tend to be people who studied environmental programs in school and want to be engaged in the hands on experience of working with the earth. Eighteen former Community Farm apprentices have gone on to establish other farm related programs, including CSA farms in other countries.

Community Farm of Ann Arbor is a very educational place, not only for apprentices, but for local and regional students as well. The farm offers field trips to students from kindergarten through college. Because many schools have little funding for field trips, the farm does not charge schools to allow students to visit. Students from Ann Arbor Public Schools, Detroit Public Schools, Ann Arbor and Detroit Steiner Schools, Michigan State University and the University of Michigan routinely visit the farm to learn about a broad range of topics. The experience leaves such an impression on the students that families sometimes become members of the farm, or students become apprentices.

The farm continues to be a learning experience for Anne and Paul too, who are incorporating renewable energy into farm operations. Last year, members approved a project that involved turning a 1940’s tractor into a solar powered tractor. Like everything else on the farm, members were involved in all stages of the operation, from writing the grant to actually installing the panels. Currently the tractor runs on low horsepower that allows it to plant, cultivate and give hayrides. The solar powered tractor is a building block for an irrigation system run on solar power. Anne and Paul would like the farm to eventually operate solely on renewable energy.

This year marks the third season for another new addition to Community Farm of Ann Arbor, the Community Farm Kitchen. Mary Wessel Walker, an apprentice on the farm, has developed a way to overcome the obstacle many members of CSA farms face: finding ways to use the raw vegetables they receive in their weekly share. For Community Farm members who are willing to pay extra for the service, the Community Farm Kitchen gathers members’ weekly share to rinse, cook, can, or freeze it in a way that requires minimal preparation once it is brought home. The Community Farm Kitchen has also expanded to include a bakery that offers breads, muffins, pies, cookies, including vegan options, though the bakery is not connected to the farm.

Community Farm of Ann Arbor is truly a shareholder-based farm, as the farm itself exists solely to provide for its members. While an important part of the farm is supplying members with nutritious and organically grown food, the value of the farm is far greater than the food it grows. The members involved in the farm also gain a connection to the earth and share a connection with like-minded people. But perhaps the greatest connection members make is with their own abilities to support a food system that is healthy for the earth, the community and themselves. “Let’s face it. There’s a thunderous revolution afoot in agriculture,” says Paul. “It’s what Gandhi called ‘The New Village Movement.’ It’s what we call CSA.”

Farm Name and Contact Information
Community Farm of Ann Arbor
1525 S. Fletcher Rd.
Chelsea, MI 48118
734-433-0261
www.communityfarmofaa.org

Farmers
Anne Elder and Paul Bantle

Farm Facts
CSA since 1988
Number of shares for 2009: 105
Shares available: Full
Price: Members pledge between $700-$1700 (Sliding Scale)

Pickup Location
Farm

Growing Season
June-November

Additional Information
Biodynamic
Field trips (K-Post Graduate)
Community Farm Kitchen
Consensus Voting
Solar Powered Tractor
Volunteer Requirement (costs more if you don’t work)
Member meetings
Farm events

> **“By coming to the farm, [members] get to receive so many of the gifts of agriculture. The smells and feels and visions that are there, the hope for the future. The importance of saving farmland. If you don’t see the farm and the beautiful soil that grows the vegetables, it’s very had to understand what we need to save and protect.”**
>
> **---Anne Elder**

Continued on page 34

Photo by Ruth Schekter

“I do know that in some situations it’s not that practical for everybody to come out to the farm and it’s a good way to get started that the food move off the farm. But I think we can be more creative. Instead of buying a truck to cart the vegetables, what if we bought a van and picked up the people and brought them out to the farm? I’m hoping that more CSAs, including ours, move in that direction, where we have a shuttle bus, even a solar powered shuttle bus, and we’re bringing the people out to the farm.”

---Anne Elder

A Guide to Joining a CSA Farm

Continued from page 33

Frog Holler Organic Farm

Frog Holler Organic Farm has been a family owned and operated farm since 1975. Run by Ken and Cathy King with their three sons Billy, Kenny and Edwin, Frog Holler and the King family have been well-known in Ann Arbor long before becoming a CSA in 2008. Ken first introduced the community to healthy eating in the early 1970s as co-owner and head cook of Indian Summer Natural Foods Restaurant, while Cathy has been promoting a healthy lifestyle for almost 20 years as a yoga teacher at Inward Bound Yoga. The King family also has strong ties to music, and son Billy King is a popular singer/songwriter who performs regularly around Ann Arbor.

Though the majority of Frog Holler Organic Farm's customers are satisfied purchasing produce directly from their three farm stands at the Ann Arbor Farmers Market, the farm will be providing for 25 CSA members this summer. According to Cathy King, providing for members offers some flexibility. "CSA members tend to be more open to the variety of vegetables, so we are encouraged and stimulated to grow vegetable types that are delicious but might not be so well-known. It helps to know that we have an open-minded and supportive customer base so that we can be a bit more adventuresome in what we grow."

Community has always been important to Frog Holler Farm and the Kings' love of music is evident in farm events such as barn dances and open mics. The farm also hosts the popular Holler Fest, a weekend-long music festival that has become an annual event. "We have benefited greatly from our interaction with a supportive community through the years, and perhaps, the community has benefited from experiencing the possibility that food, culture and creativity can all be 'locally-grown.'"

Having farmed for over 35 years, Cathy sees how CSAs are changing peoples' attitudes about farming. "I think folks who join CSAs are already predisposed to appreciate the produce, but then they often discover that the relationship that develops with the farm and farmer are just as meaningful. Members also get more of a sense of the seasonal change in produce which I think also helps them to realize the unknowns involved in farming. Our customers at the market have always appreciated us, but perhaps the CSA model offers members an opportunity not just to appreciate the farmer, but also to participate with the farmer in the creation of an agri-culture."

Farm Name and Contact Information

Frog Holler Organic Farm
11811 Beech Rd.
Brooklyn, MI 49230
517-592-8017
www.froghollerorganic.com
kings@froghollerorganic.com

Owners/Farmers

Ken, Cathy, Billy, Kenny and Edwin King

Kathy and Ken King with Jupiter of Frog Holler Organic Farm

Farm Facts

CSA since 2008
Number of members for 2009: 25
Shares available: Full
Price: $450/share ($400 for farm pickup)
Certified organic

Pickup Locations

Saturdays: Ann Arbor Farmers Market until 1pm
Saturdays & Sundays: Farm pickup

Growing Season

18 weeks: June 20-October 17 (strong seedling season keeps them from extending season)

Additional Information

Holler Fest (members receive 2 free tickets)
No work requirement
Weekly newsletter

"I think folks who join CSAs are already predisposed to appreciate the produce, but then they often discover that the relationship that develops with the farm and farmer are just as meaningful. Members also get more of a sense of the seasonal change in produce which I think also helps them to realize the unknowns involved in farming. Our customers at the market have always appreciated us, but perhaps the CSA model offers members an opportunity not just to appreciate the farmer, but also to participate with the farmer in the creation of an agri-culture." --- Cathy King

Billy King, Ken King, Kenny King, Kathy King and Edwin King of Frog Holler Organic Farm

"We have benefited greatly from our interaction with a supportive community throughout the years, and, perhaps, the community has benefited from experiencing the possibility that food, culture and creativity can all be 'locally-grown.'" --- Cathy King

"I think being a part of a CSA is being connected to a farm. We help each other out. So many parts of our lives are filled with disconnection. I think people are starved for connections these days. We watch people connecting at the markets with the farmers, with the food, with each other. We watch people connecting at the farm with the land, the plants, and with each other. These interactions sparkle and sizzle with laughter, observation, discussion, search for knowledge, questions and wonder. I feel it is necessary for people to feel connected in some way, but that connection may be achieved differently for each individual"---Deb Lentz

Tantré Farm

Tantré Farm is the largest subscription CSA in the area. Located in Chelsea, it is privately owned by Richard Andres and his wife Deb Lentz. Tantré is a certified organic farm that has been operating as a CSA since 2001. Richard personally built the entire infrastructure, including a barn, distribution center, packing shed and living quarters for apprentices in the seven years prior to becoming a CSA. Going into its ninth season, the farm continues to grow annually by 5-10%. In 2009, Tantré will accommodate 300 shares, and 2/3 of them will be split among members.

Tantré Farm does not have member work requirements but offers three Farm Work Parties during the growing season for members who are interested in working with the land. Richard and Deb farm the land themselves with the help of farm apprentices. Each year the farm employs at least six apprentices. Apprentices live on the farm, are supplied with room and board, and receive a small stipend for their work. Apprentices also participate in household duties and are responsible for cooking one meal per week.

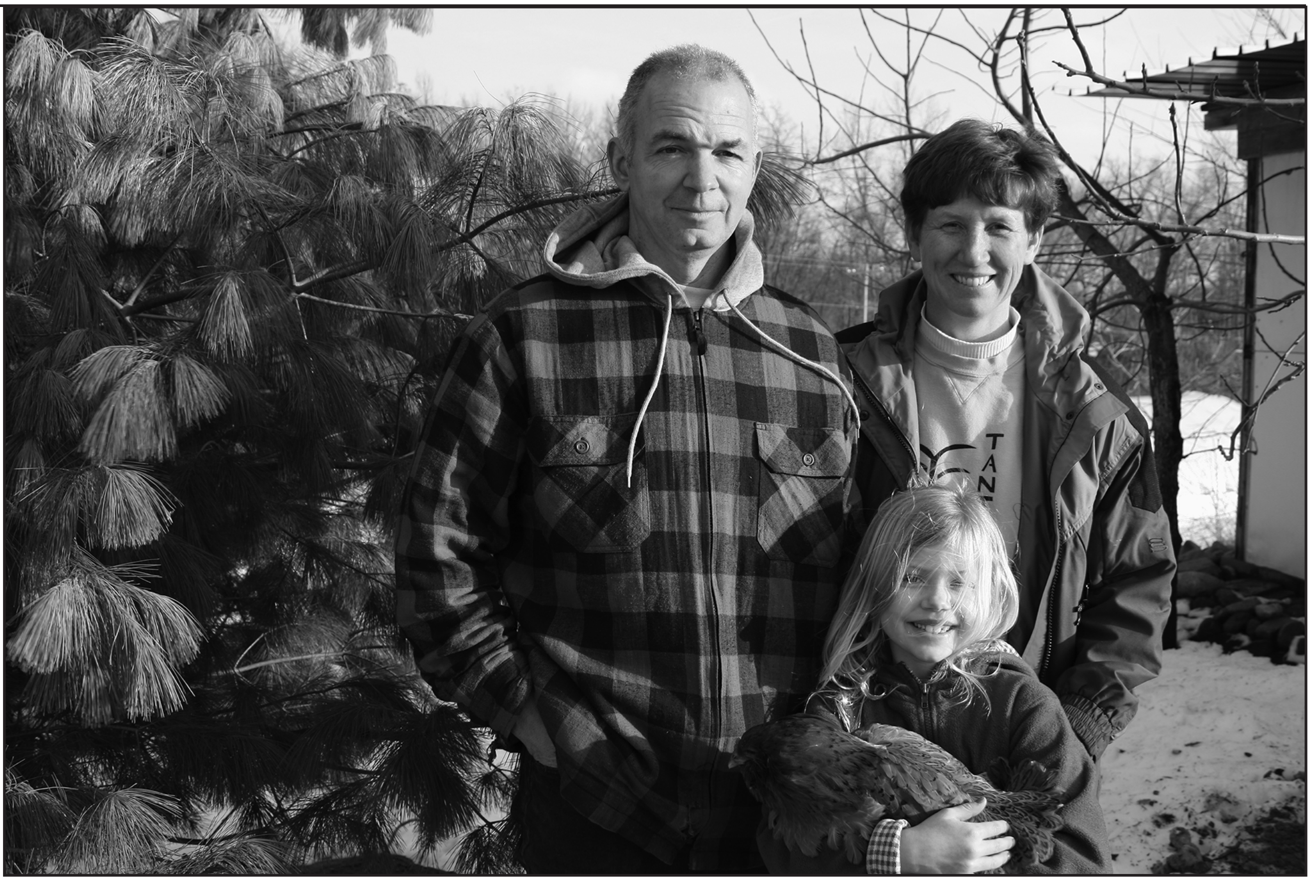
The farm offers a variety of events and services, including U-Pick, extended fall/winter shares, a Thanksgiving share, and various educational workshops. Visitors and volunteers are welcome most days of the week but are encouraged to call ahead. Edible farm tours and field trips are also offered to organizations of all ages.

Farm Name and Contact Information
Tantre Farm
2510 Hayes Rd.
Chelsea, MI 48118
734-475-4323
www.tantrefarm.com
tantrefarm@hotmail.com

Owners
Richard Andres & Deb Lentz

Farm Facts
CSA since 2001
Number of shares for 2009: 300
Shares available: Full
Price: $575 per share or $525 for farm pickup
Certified Organic

Pickup Locations
Saturdays: Community High in Ann Arbor 7am-12pm
Saturdays: Chelsea Farmers Market 8am-12pm
Tuesdays: Farm pick-up 2pm-7pm
Wednesdays: Farm pick-up 10am-7pm
Fridays: Farm pick-up 2pm-7pm



Richard Andres, Deb Lentz and Daughter Ari at Tantré Farm

Growing Season
20 weeks: Early June through Mid-October
Also offers extended fall/winter share & Thanksgiving share

Additional Information
2/3 of members split shares
Work days (May, July, and September)
Weekly newsletter
Apprentices live on sight

"As far as what we're doing here, our modus is still sort of operating in that radical way… we're still trying to discover what the root of our economy and our personal work is going to be here." --- Richard Andres

"If you are eating, you are connected to a farm. We can achieve a cultural and social connection this way too, because it brings life back into balance when we are connected to a farm. Our lives are so out of balance with technology and economy, so much so that land is not worth what it can produce through species diversification and ecosystem and habitat preservation." ---Richard Andres

Continued on page 36

TANTRE
FARM
Chelsea, MI
CERTIFIED
Organic
Produce

"It's a creative process here. It makes it so much more lively and interesting and fun." ---Deb Lentz

A Guide to Joining a CSA Farm

Continued from page 35

Beautiful Earth Family Farm

Photo by Mary Runser

Adam and Chandra Mitchell, and Children of Beautiful Earth Family Farm

Beautiful Earth Family Farm is owned and operated by Adam and Chandra Mitchell. With 20 years of farm experience to inspire him, Adam and his wife Chandra purchased a farm during the summer of 2006 and began farming Beautiful Earth Family Farm the following year. After selling the farm's harvest exclusively at the Chelsea Farmers Market, in 2008 they started a CSA with 62 members. This year they will provide for 100 members and hope to eventually provide for 250 members. Beautiful Earth Family Farm is in the process of becoming certified organic through Midwest Organic Services Association in Wisconsin, a process that takes three years to complete. They are also looking to hire three workers this year who they hope will continue to work the farm on a yearly basis.

For its second season, Beautiful Earth Family Farm is encouraging members to volunteer 6 hours of work on the farm, although it is not required. The farm will also offer a week long summer day camp, give tours and host a member gathering. For Adam, part of the pleasure of farming is right intention, which is important for the good and health of the community. "Right intention related to Right Livelihood is based on a belief in working to make things better. The conception that each person on the planet doing their best to be a positive contributing human being, and looking at their daily actions and how they impact the planet and other living things, is what is needed and will help us overcome our current challenges as a civilization."

> **"Right intention related to Right Livelihood is based on a belief in working to make things better. The conception that each person on the planet doing their honest best to be a positive contributing human being; and looking at their daily actions and how they impact the planet and the other living things; is what is needed and will help us overcome our current challenges as a civilization."**
>
> **--- Adam Mitchell**

Farm Name and Contact Information

Beautiful Earth Family Farm
Chelsea, MI
734-649-5918
www.beautifulearthfarm.com
beautifulearthfarm@yahoo.com

Owners

Chandra and Adam Mitchell

Farm Facts

CSA since 2008
Number of shares for 2009: 100
Shares available: Full and half bushels
Price: $400 plus $15 refundable bin charge
(Discounted shares for early registration)
Certified Organic (in process)

Pickup Locations

Wednesdays: Ann Arbor Farmers Market
Saturdays: Chelsea Farmers Market

Growing Season

20 weeks: June through October

Additional Information

Encourage a commitment of 6 hours with each share purchase
Week-long summer day camp (one week only)
Member gathering
Farm tours

> **"I believe that children are born with a natural love of the earth. I want to help bring that out in children who may have forgotten this natural love of nature and to nurture the ones who already carry that love."**
>
> **--- Chandra Mitchell**

Our Family Farm

Our Family Farm is a family farm whose motto is, "health from the farm, not the pharmacy." Run by "Farmer John" Hochstetler, who's been farming as long as he can remember, Our Family Farm became a CSA in 2006, and will provide for 100 members in 2009. In addition to vegetables, the farm offers free range brown eggs, honey and flowers. Members pick up their weekly shares at the Ann Arbor Farmers Market and are free to pick the vegetables they want and are not required to take any they don't.

> **"An ideal member is someone who likes to cook, who likes to save money on grocery bills, likes to talk to the person who grows your food and to learn how your food grows. People who want to have a relationship with the farmer."**
>
> **--- "Farmer John" Hochstetler**

Farm Name and Contact Information

Our Family Farm
12800 Pfaus
Manchester, MI 48158
734-428-9100
www.ourfamilyfarmllc.com
ourfamilyfarm@sbcglobal.net

Photo by Mary Runser

John and Lois Hochstetler of Our Family Farm

Owners

John Hochstetler

Farm Facts

CSA since 2006
Number of members for 2009: 100
Shares available: Full and half
Price: $475 for full and $260 for half
Uses organic farming practices

Pickup Locations

Saturdays: Ann Arbor Farmers Market 7am-1pm

Growing Season

Mid-June-November 1st

Additional Information

No volunteer requirements
No newsletter
Free range, brown egg chickens

> **"We're gonna find that it's cheaper to have health from the farm and not the pharmacy."**
>
> **--- "Farmer John" Hochstetler**

Valley Family Farm

Valley Family Farm has been a CSA since 2007. Its owners, Ken and Patricia Huling, recently returned to farming after 20 years to gain security during this time of economic uncertainty. The farm uses organic farming practices and offers honey in addition to vegetables to their 75 members. There are no volunteer requirements, but members are invited to the annual harvest dinner at the end of November, as well as Friday night gatherings throughout the growing season.

Farm Name and Contact Information

Valley Family Farm
11333 Stony Creek
Milan, MI 48160
734-904-1433
www.valleyfamilyfarm.com
GardenGoddess@valleyfamilyfarm.com
valleyfamilyfarm@yahoo.com

Owners/Farmers

Ken and Patricia Huling

Farm Facts

CSA since 2007
Number of shares for 2009: 75
Shares available: Small, Standard and Ex-large
Price: $300/$525/$650
Naturally grown

Growing Season

20 weeks: June through October

Pickup Locations

Photo by Carol Karr

Ken and Patricia Huling Valley Family Farm

Tuesdays: 11am-3pm: AID in Milan
2pm-6pm: Downtown Ypsilanti Farmers Market
Thursdays: Westside Farmers Market 4pm-7pm
Fridays: Farm pickup 6pm-8pm

Additional Information

Harvest dinner at end of season
Friday night gatherings during summer
No member volunteers
Visits always encouraged
Newsletter

Continued on page 38

Crazy Wisdom Bookstore & Tea Room

Body, Mind & Spirit Services at Crazy Wisdom

114 S. Main St., Ann Arbor 734.665.2757
www.crazywisdom.net

Body, Mind, Spirit

Drop-In Palmistry Readings with Vijayalaxmi Shinde
Sundays, 2:30 -5:30 p.m.
$1 a minute • No appointment needed
Call 734-222-9160 • vijaya_laxmi@comcast.net

Drop-In Intuitive/Psychic Readings with Marcella Fox
1st & 3rd Sundays, 11 a.m. - 2 p.m. • $1 a minute
No appointment needed • Call 734-717-8513

Drop-In Tarot Readings with Rebecca Williams
Thursdays, 7-10 p.m. • $1.00 per minute
No appointment needed
rebeccawilliams999@comcast.net

Drop-in Intuitive/Psychic Readings with Molly Ann Indura
Fridays, 7-10 p.m. • $1 a minute
Call 734-417-8317 • http://www.bethelight.org

Drop-In COSMO Readings with John Fredericks
1st & 3rd Saturdays each month,
10:30 a.m.-1:30 p.m. • $1 per minute
No appointment necessary • Call 734-368-1780

Drop-In Tarot & Astrology Readings with Jillian Kerry
2nd & 4th Saturdays each month,
10:30 a.m.-1:30 p.m. • $1 per minute
No appointment necessary
734-395-4999 • jilliankerry@gmail.com

Drop-In Intuitive/Psychic Readings with Diane Evans
Saturdays, 2-5 p.m.
$1 per minute
No appointment necessary
Call 734-327-9568
in-genius@comcast.net

A Guide to Joining a CSA Farm

Continued from page 37

Old Pine Farm

Old Pine Farm is the only meat CSA in the area, and is owned and operated by Kris Hirth with the help of her 16 and 19 year old sons, Casey and Josh. Although the farm did not become a CSA until 2005, Kris began selling meat at the Ann Arbor Farmers Market in 2001. Kris researched CSAs when she was approached by customers interested in purchasing her meat who did not have freezer space to store it.

In its fourth season, Old Pine Farm will provide for 40 members. It offers local, free-range, hormone-free meats and poultry including beef, pork, lamb, and chicken. Emu, a red meat that is 97% fat free and low in calories and cholesterol is also offered. The season runs from November to October and shares are distributed once a month.

Although members cannot participate in a meat CSA the same way they would a vegetable CSA, Old Pine Farm still offers volunteer work days for members and farm tours. Animal feeding days, field trips, and a chef demonstration are some other activities the farm hosts.

Having a local option for humanely raised meat allows members to support a food system based on compassion and perhaps makes people think about how animals are generally treated on commercial farms. "I think the average consumer doesn't really know what a 'grocery store' animal goes through to get to their plate," Kris says. "From the farm, to the truck, to the auction, to the slaughterhouse, animals in the industrialized system suffer large amounts of stress, which affects the meat quality. There are vegetarians who won't eat meat because they are concerned about animal treatment. One of my former-vegetarian clients told me, 'I haven't eaten meat for ten years because of the way animals are treated. Now I can get delicious meat and feel comfortable about how it ended up in my freezer.' That's our goal. To do the right thing."

> **"I think the average consumer doesn't really know what a "grocery store" animal goes through to get to their plate. From the farm, to the truck, to the auction, to the slaughterhouse, animals in the industrialized system suffer large amounts of stress (which affects the meat quality). There are vegetarians who won't eat meat because they are concerned about animal treatment. One of my former-vegetarian clients told me, "I haven't eaten meat for ten years because of the way animals are treated. Now I can get delicious meat and feel comfortable about how it ended up in my freezer". That's our goal. To do the right thing."**
>
> **--- Kris Hirth**

Farm Name and Contact Information

Old Pine Farm
19143 Grass Lake Rd.
Manchester, MI 48158
www.oldpinefarm.biz
Oldpinefarm123@yahoo.com

Owners

Kris Hirth

Kris Hirth of Old Pine Farm

> **"I don't think the demand for meat is quite as high as for vegetables. However, as people become aware of the current industrialized meat system and what animals have to suffer through to end up in the grocery store, the desire for clean, humanely raised animals/meat has continued to grow. The national meat recalls are only a small glimpse of the total picture and also affect the desire for local farm raised meats. I do see meat CSA's growing and becoming more popular as time goes on."**
>
> **--- Kris Hirth**

Farm Facts

Meat CSA since 2005
Number of shares for 2009: 40
Shares available: Full and half
Pricing: see website for pricing
Use organic practices when possible

Pickup Locations

Farm-once per month
Zingerman's Roadhouse once per month

Growing Season

November-October

Additional Information

Volunteer work days
Visits and tours (free)
Animal feeding days for kids
Field trips
Open House
Chef demo and/or recipe competition
Newsletter

Old Pine Farm

Two Creeks Organics

Two Creeks Organics, owned and operated by Amie and Mark Sanford, is going into its third growing season. After an injury that forced Mark to give up his job as a builder, he pursued certification in organic gardening from Washtenaw Community College. Amie and Mark received a lot of encouragement to become a CSA farm from other CSAs and with the help of Amie's brother, Martin Mongeau, Mark and Amie established their CSA in 2007. Amie's father, Bob Mongeau also maintains apple and pear orchards on the farm and Mark's father, Austin Sanford, helps with facility maintenance.

Amie, who has formerly been a lawyer, childcare center owner, and caterer, has incorporated a lot of activities on the farm geared towards children, because she wants to educate them on farm life. "I feel that if children can make the connection between where their food comes from and how it is grown it may change the way they eat and the way they see other areas of their life." Two Creeks Organics is offering a week-long summer camp for kids aged 6-12 from mid-June through late August. In addition to learning about farm practices and local wildlife and their habitats, children will prepare and eat farm fresh food everyday. Amie hopes the day camp will teach children to respect nature, help them build a connection to the environment, and foster a healthier attitude towards food. The farm also provides food and tours to three Gretchen's House Child Development Centers and offers farm tours to schools and other organizations.

Two Creeks Organics does not have volunteer requirements, but encourages member involvement through a variety of classes and hosts open houses in May and November. In addition to vegetables, the farm also offers eggs, chicken, and when available, turkey and duck. The poultry, which is not included in the cost of a share, is free range and fed organic feed when possible. The farm will provide for 100 full shares for the 2009 growing season and hope to continue to grow to provide for 150-200 member families.

Farm Name and Contact Information

Two Creeks Organics
13290 Tracey Rd.
Manchester, MI 48158
734-428-7057
www.twocreeksorganics.com
twocreeksorganic@aol.com

Owners/Farmers

Mark and Amie Sanford

Farm Facts

CSA since 2007
Number of shares for 2009: 100
Shares available: Full
Price: $600/share or $575 for farm pick up
Certified Naturally Grown

Pickup Locations

Thursdays: Westside Farmers Market
Fridays: Saline
Saturdays: on the farm

Growing Season

20 weeks: late May/early June through late September/early October

Photo by Mary Runser

Mark and Amie Sanford of Two Creeks Organics

Additional Information

Partnership with Gretchen's House
Week-long summer day camp for kids ages 6-12 (8 weeks, 25 kids per week)
Apple and Pear Orchard
No workdays or volunteer requirements

> **"[Members value] the fact that they not only have fresh seasonal food but that they know how and where it was grown and that the farm is responsive to any of their concerns or questions. Many of them are also happy with the fact that they help to support a local family farm."**
> **--- Amie Sanford**

Photo by Mary Runser

On the Porch at Two Creeks Organics

Photo by Mary Runser

Free Range at Two Creeks Organics

Photo by Mary Runser

Amie Sanford of Two Creeks Organics

Additional Resources

Localharvest.org

Visit Crazy Wisdom Bookstore & Tea Room for these books and more:

Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture by Elizabeth Henderson and Robyn Van En ($35)

The Omnivore's Dilemma: A Natural History of Four Meals by Michael Pollan ($16)

In Defense of Food: An Eater's Manifesto by Michael Pollen ($15)
Animal, Vegetable, Miracle: A Year of Food Life by Barbara Kingsolver ($14.95)

What is Biodynamics? A Way to Heal and Revitalize the Earth by Rudolf Steiner ($20)

Deep Economy: The Wealth of Communities and the Durable Future by Bill McKibben ($14)

Farmer John's Cookbook: The Real Dirt on Vegetables by Farmer John Peterson ($29.95)

Grassfed Gourmet Cookbook: Healthy Cooking and Good Living with Pasture Raised Foods by Shannon Hayes ($16.50)

Community Farm of Ann Arbor Cookbook: 2nd Edition by Community Farm of Ann Arbor ($21.75)

Poetry Page

To submit poetry to be published in the next issue of the Crazy Wisdom Community Journal, email to sarah@crazywisdom.net in text format (no attachments) by July 15, 2009.

The Way Is Always Right

by Liz Sterling

Stay with the way,
It takes you to the center,
Where pauses... although momentary, blossom
with life's delights.

Just sit and allow the wind to whisper into your
breath -
Here is where life mingles with death.

The moss grows between the cracks,
The circadians buzz the elemental notes
and bring together the do's and the don't's.

Nay, this nasty fly - that's now in my eye,
Brushed away and back again,
Will it ever learn?
It's not wanted here - because I can't see with my
eyes closed -
Or can I? Am I right?

The way knows.

Don't Forget to Tip

by Harley King

A bag lady
dropped by
the house
to drop off
some bags.
I asked her
why she
thought that
we needed
bags. She
laughed and
said everyone
has a need
for bags to
store the gifts
that they receive
from God.
I thanked her
for her kindness
and gave a tip.

Artwork by Terri Myers

Author Events

Crazy Wisdom Bookstore & Tea Room

American Yoga in Crisis: Reclaiming an Ancient Spiritual Practice. Book Signing and Talk with Tom Pilarzyk, Author of *Yoga Beyond Fitness: Getting More than Exercise from an Ancient Spiritual Practice* • May 21, 7 p.m. at Crazy Wisdom Tea Room • Is American yoga just an exercise regimen masquerading as spirituality? This talk captures the story of yoga practice today, with attention given to treating yoga as a receptacle of transformative power. While 16 million Americans practice, yoga's development as a popular fitness workout and a not-so-popular path of spiritual liberation poses a unique dilemma for those sensitive to its ancient roots. As it morphs into physicality, fun, and foolishness, some industry leaders argue that more people now have a chance to explore its spirituality. But can students "get it" if more and more teachers only teach hatha yoga poses? Tom Pilarzyk helps restore the heart of yoga with a hopeful, heartfelt tribute to its highest aspirations. Free.

Book Signing and Talk with Myra Lewin, Author of *Freedom in Your Relationship with Food: An Everyday Guide* • May 26, 7-9 p.m. at Crazy Wisdom Bookstore • Learn how the ancient traditions of Ayurveda and yoga can help you feel and live better. Explore simple, intuitive approaches to food and preparation, and the process of eating and drinking. Discover how eating the best foods for your individual dosha (constitution) can lead to balance and harmony in your sense of being as well as in your health. Free.

Reading and Book Signing with Joanna Hastings, Author of *Moon Wolf*, Illustrated by Children of Summers-Knoll School • May 31, 2 p.m. at Crazy Wisdom Bookstore • *Moon Wolf* is a wonderful book that takes you on a journey from the moon to the earth and back with a wise and beautiful wolf who brings the moonlight to earth, singing as she goes. Ms. Hastings will read this enchanting book and some of the illustrators from grades K-6 will talk about illustrating a children's book. They will also sign copies of the book for those who bring a copy or purchase one at the event. Free.

Book Signing and Talk with Stelle Tonon and Jeannie Ballew, Authors of *No Fences: Practicing Unconditional Love with Your Partner* • June 4, 7 p.m. at Crazy Wisdom Tea Room • In this talk, Stelle Tonon and Jeannie Ballew target the top 11 toxic, controlling behaviors that build fences between partners and the 11 counterpoint behaviors that tear them down. Learn how to find healthier, more positive ways to communicate your needs and feelings so you can love without feeling regret for things you wish you hadn't said or done, take responsibility for your choices and actions, and allow others to take responsibility for theirs. Book talk and signing, followed by questions and answers. Free.

Book Signing and Talk with Pat Fero, Author of *What Happens When Women Wake Up?* • July 12, 2 p.m. at Crazy Wisdom Tea Room • *What Happens When Women Wake Up?* is a handbook for our own awakening that calls us into action to play our part in planetary awakening. Free.

For more info., call Rachel Pastiva at Crazy Wisdom Bookstore, 734-665-2757, or email her at: rachel@crazywisdom.net
www.crazywisdom.net

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops and Events

MAY THROUGH AUGUST 2009

Richard Andres and Deb Lentz of Tantré Farm on page 35

Dr. Janet Greenhut, Physician and Psychotherapist, on page 7

Dr. Andréa Brisson, Chiropractor and Naturopath, on page 50

Holistic Pediatrician Dr. Susan McCreadie on page 43

The Crazy Wisdom Calendar

Aging & Sageing

Legal Tools for Caregivers of Older Family Members with Elizabeth Hurwitz • May 20, 7-9 p.m. at Crazy Wisdom Community Room • An introduction to the legal issues a caregiver of an older family member may face, including Medicaid qualification, medical and financial authority, and long distance caregiving. Free. Call 657-0835; www.hurwitzlawoffices.com.

Animals & Pets

Herbal First Aid and Prevention for Your Pet with Linda Diane Feldt sponsored by People's Food Co-op • July 23, 7-8:30 p.m. at Crazy Wisdom Community Room • Join us as we explore ways to prevent and treat minor injuries and complaints, and cover what a holistic pet first aid kit should include. Free. Call Kevin Sharp at 994-4589; www.peoplesfood.coop.

PetMassage Water Work: Canine Water Massage with Jonathan Rudinger • June 1-5, 9 a.m.-4 p.m. • Develop skills to massage dogs in warm water swimming pools. Learn to understand and access water's dynamics, flexibility, and therapeutic value. Limited to eight participants. $1,200. Call Anastasia Rudinger at 800-779-1001; www.petmassage.com.

7-Day PetMassage for Dogs Foundation Workshop with Jonathan Rudinger • June 14-20, July 12-18 or Aug. 2-8; 9 a.m.-4 p.m. • Learn the theory and techniques of PetMassage, basic canine anatomy and physiology, human body mechanics, scope of practice, business ethics, and marketing. Limited to twelve participants. $1,400 includes text and syllabus. Call Anastasia Rudinger at 800-779-1001; www.petmassage.com.

7-Day Advanced PetMassage for Dogs Workshop with Jonathan Rudinger • May 17-23 or Aug. 23-29, 9 a.m.-4 p.m. • Expand on studies of canine physiology, anatomy, pathology, ethics, TCM, and energy practices. This will help prepare for the canine massage national certification test. Limited to twelve participants. $1,400 includes text and syllabus. Call Anastasia Rudinger at 800-779-1001; www.petmassage.com.

Energy Healing with Animals with Ray Golden • Aug. 7-10: Friday 7-9 p.m., Saturday 10 a.m.-6 p.m., Sunday 7-9:30 p.m. • This class is oriented toward working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people to attend class. For cost, call 663-9724; intuitivehealth@aol.com.

Art & Craft

First Thursday Knitting and Crafting with Friends at Michigan Friends Center • May 7, June 4, July 2, Aug. 6; 7-9 p.m. • Open to any adults or teens over 15 who wish to work on a craft or knit in the company of others. Bring your own project. Tables available. By donation. Call Elaine Economou at 475-1892; manager@michiganfriendscenter.org.

Mandala Art Forms Workshop with Cate Biddinger • May 1, 7-9 p.m. • Come share the mystery and excitement of creating your own personal mandala. Information on the history of mandalas and meaning of color will also be presented. Supplies provided. $25. Call Body Mind Spirit Wellness Center at 945-8602 or Cate at 517-262-2120; cate@noeticuscounseling.com.

In My Wildest Dreams with Susan Boyes • May 15, 1-3 p.m. at Crazy Wisdom Community Room • This workshop is all about reconnecting with the possibilities we once believed in. This is an opportunity to remember your forsaken dreams and to manifest them creatively in a safe environment. No art skills necessary to participate and all materials provided. $50. Call 478-2394; susan@centerforcreativegrowth.com.

Reclaiming Yourself with Susan Boyes • Aug. 23, 1-3 p.m. at Crazy Wisdom Community Room • This workshop allows the participant to explore self image with simple art materials. Join us for guided visualization, art making, support, and discussion in a safe environment. No art skills necessary to participate and all materials provided. $50. Call 478-2394; susan@centerforcreativegrowth.com.

Drawing Workshops with Kay Gould-Caskey • Saturdays: May 2, 9, 16, 30, June 6, 13 or Wednesdays: May 6, 13, 27, June 3, 10; 2-5 p.m. • Learn how to draw many types of shadows and highlights to create realistic drawings of trees, flowers, fruit, eggs, spheres, and other geometric forms. $29 each day. Call 747-9810; www.fallingwatermi.co.

Creating Mandalas Workshops: The Circular Beauty of Life with Kay Gould-Caskey • Sundays: May 3, May 31, June 14; 2-5 p.m. • Making mandalas is a soul soothing, mind calming, artistic, and meditative activity that helps us journey to wholeness and deeper self-awareness. We will create mandalas for self and global healing, embracing change, knowing who we are, and for the pure joy of creating. $29 each day. Call 747-9810; www.fallingwatermi.co.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 65.

Healing Jewelry Workshop with Greg Kemppainen at Song of the Morning • Aug. 29 • Different sounds, lights, plants, and stones are able to heal us as readily as medicines. We will learn which of our energy centers (chakras) may be unbalanced and what we can do to heal them. We will research different gemstones and choose from dozens of beads to create a necklace or two bracelets to help maintain our health or the health of loved ones. $60 includes most beads. For times, call Matt at 989-983-4107; goldenlotus.org.

Medicine Bag Workshop with Greg Kemppainen at Song of the Morning • Aug. 29 • To Native Americans, medicine is a vital energy force available to all. Medicine bags are made and worn to manifest positive things in your life. We'll first take an informative gathering walk in the forest and then create an authentic medicine bag of deerskin to be worn around the neck or put on an altar. $60 includes most beads. For times, call Matt at 989-983-4107; goldenlotus.org.

Mala Making Workshop with Greg Kemppainen at Song of the Morning • May 23 or Aug. 22, 11 a.m.-4 p.m. • Participants will learn about the qualities of various stones and rudraksha, choose 108 that personally resonate, and do a small prayer as they string each bead, creating a meaningful and potent piece of beautiful jewelry. Each of the natural gemstones has been cleansed using earth, water, fire, air, and spiritual energies. After purification, the stones were blessed and went through a ceremony to activate and instill them with healing intention. $60 includes most stones. Call Matt at 989-983-4107; goldenlotus.org.

The Yoga of Drawing with Rita Dryman at Song of the Morning • Aug. 8, 11 a.m.-3 p.m. • Drawing is a natural process that seeks to instill the thinking mind into the task of seeing. Learn the three values to achieving realistic drawing skills: to see deeply and profoundly, gain confidence in creative abilities, and insightful creative problem solving. $48. Call Matt at 989-983-4107; goldenlotus.org.

Plein Art Painting with an Edge with Shaqe Kalaj • Saturdays, July 25-Aug. 29; 11 a.m.-2:30 p.m. • Learn traditional approaches to painting outdoors while incorporating nontraditional techniques and styles. Supplies not provided. $210. Call 634-8117; imshacha.com.

Astrology

Nodes and Eclipses: Riding the Dragon with Elizabeth Hazel sponsored by the Southeast Michigan Astrologers' Round Table (SMART) • May 17, 2-4:30 p.m. • This lecture will explain how the Moon's Node function in charts, and how to delineate natal and transiting nodes. General information on eclipses and interpreting eclipses in charts, with special focus on the upcoming three summer 2009 eclipses. $10 or $8 NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Astrology: The Beginnings with Liz Jelinek sponsored by SMART • June 14, 2-4:30 p.m. • As early as 6,000 years ago, the Sumerians watched the stars for signs on how to live their lives. The Egyptians moved their courts down the Nile following the progression of the constellations, while the Greeks were the first known to cast astrological charts. This lecture will describe the exciting dawn of astrology's history. $10 or $8 NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

A Year of Despair or Deliverance? with Leo Leo sponsored by SMART • July 19, 2-4:30 p.m. • Over the next year, there will be several major planetary cycles, aspects, and shifts that will have an effect on Wall Street and Main Street. This talk will offer both experienced astrologers and complete novices tools for surviving the ups and downs of the present financial markets and global circumstances. We're feeling the pain, but there's opportunity to gain if we have the knowledge necessary to make better choices. $10 or $8 NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

So, You Want to Learn Astrology? with Bon Rose Fine sponsored by SMART • Aug. 30, 2-4:30 p.m. • This talk is designed for anyone intrigued by astrology and who would like to know more about what's involved in becoming educated in this language of symbols. There will be a discussion about approaches to study and its scope, with a lot of guidance and many resources offered. $5 or free for NCGR members. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

The Original Astrologers and Friends Thursday Get-togethers coordinated by Bon Rose Fine and sponsored by SMART • Most Thursdays, 6:30 p.m. • These weekly gatherings were introduced by SMART in the spring of 2006 and offer the astrological community an informal opportunity to connect with like-minded others and enjoy stimulating conversation. It is also possible to trade readings with one another or offer mini-readings to the general public in a welcoming environment. Free or fee can vary. To confirm, call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Author Events

Book Signing and Talk with Myra Lewin, Author of *Freedom in Your Relationship with Food: An Everyday Guide* • May 26, 7-9 p.m. at Crazy Wisdom Bookstore • Learn how the ancient traditions of Ayurveda and yoga can help you feel and live better. Explore simple, intuitive approaches to food and preparation, and the process of eating and drinking. Discover how eating the best foods for your individual dosha (constitution) can lead to balance and harmony in your sense of being as well as in your health. Free. For more information, call Rachel at 665-2757; rachel@crazywisdom.net.

Questions for Dr. Susan McCreadie, Holistic Pediatrician

When you were a kid, what did you want to be when you grew up?

I wanted to be a nurse. My mother was a nurse in a community emergency room and I loved going to work with her. I don't remember exactly when, but at some point my mother encouraged me to become a doctor, and I listened! Amazing!

How did you feel about going to the doctor when you were a kid?

I don't remember going to the doctor that much, fortunately. I do have a vivid memory of a personal emergency room experience for intussusception, the most common abdominal emergency in early childhood. I will leave out the painful details, but what struck me was that I walked out of that emergency room healthy and happy.

Who among your parents, grandparents or ancestors were healers or doctors or health care providers?

My mother was a registered nurse and spent most of her career in the emergency room. She has always been an inspiration in my life and a huge source of encouragement. My father always said, "You can be anything you want to be" and my mother's favorite saying is "If it doesn't kill you, it builds character". This helps me to always think BIG and not get stuck on the obstacles that are thrown my way in life.

What do you love most about your daily work as a pediatrician?

I absolutely adore children. They motivate and inspire me to keep on trying to find solutions. When I feel beaten down, or want to hide in a corner, I resurface because of them. I just look into their eyes and connect with them and realize they came to me for a reason. I cannot give up on them. I must keep trying to find solutions to help each one of them heal.

What's the hardest part, for you, about taking care of kids and their health?

When we struggle to get improvement in the child's condition, I find myself getting impatient. The typical American wants the solution yesterday; I'm no different. I have found that persistence pays! An 8 year old boy with autism, whom I just can't help but hug every time I see him, said "I love you Mama" after 7 years of non-sensical speech. The mother called me and we both cried. Can you even imagine? It reminds me to have perfect faith, to never give up, even when you think the condition is hopeless.

Dr. Susan McCreadie and her husband, Dave McCreadie, and their two children, Elle (in costume) and Kaitlin.

You have been trained as an allopath and as a homeopath. You also have credentials in acupuncture, craniosacral therapy, Neuro Emotional Technique, and Reiki. That is quite an impressive integration of modalities to bring into a pediatric practice. Is that challenging at times, and in what ways? And do parents ever find it challenging, inasmuch as they may or may not understand some of the different approaches you incorporate?

Yes, that's a mouthful of techniques. I look at it more as my personal journey. Each modality came into my life for a reason and I draw on each of them at times. I naturally focused and implemented each technique at different times into my practice. It is too challenging to focus on all these modalities; I have chosen homeopathy as my primary way to help children heal. The parents in my practice are amazing; they have a tremendous amount of knowledge themselves. Most of the children I work with have seen many doctors for their condition, and this makes for smart parents! The parents vary in their knowledge of homeopathy, and depending on the parent that can be challenging. Yet, they want their child to heal, so they step forward in faith and trust that homeopathy can work.

Do you have children of your own?
Yes, I have 2 girls: Kaitlin is 4 years old and Elle is 2 years old. My angels sent from above!

From looking at your website, it appears that you've lived or studied in England, Florida, Los Angeles, and Detroit. Where were you raised, and how long have you lived in the Ann Arbor area?

I was born in Detroit and raised in Farmington Hills, MI, where I lived through my chief resident year in Pediatrics. My husband and I moved our family here to Ann Arbor almost 3 years ago. We both attended undergraduate at U of M and were eager to move back. Ann Arbor has exceeded our expectations in all ways. We absolutely love this community.

What's the most exotic place you've traveled to? And what exotic or remote place would you still like to visit?

In high school, I traveled with my family on a mission trip to Haiti, and I traveled with my French class to Togo, Africa. During my pediatric residency I traveled with Operation Smile to Morocco, which led to a trip to Australia and New Zealand. My husband and I honeymooned in Peru, and hiked to Machu Picchu. It's hard for me to choose between all of those. I feel so fortunate to have seen these places. I do think Haiti had the most impact on me; it was the first time I had seen such poverty. We look forward to traveling more when our kids are older. We toss around a lot of ideas, but none are repeats, yet!

What do you do for fun?

I laugh with friends and family. There's nothing more fun than that!

What are you looking forward to doing this summer in the Ann Arbor area?

We are looking forward to seeing all the activity at the Ann Arbor Summer Festival - our kids love the music. We also enjoy swimming with friends at the Ann Arbor Racquet Club, and can't wait for more sunshine and BBQ's.

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Dr. Susan McCreadie's new website is at www.NoursishMD.com

The Crazy Wisdom Calendar

Author Events (continued)

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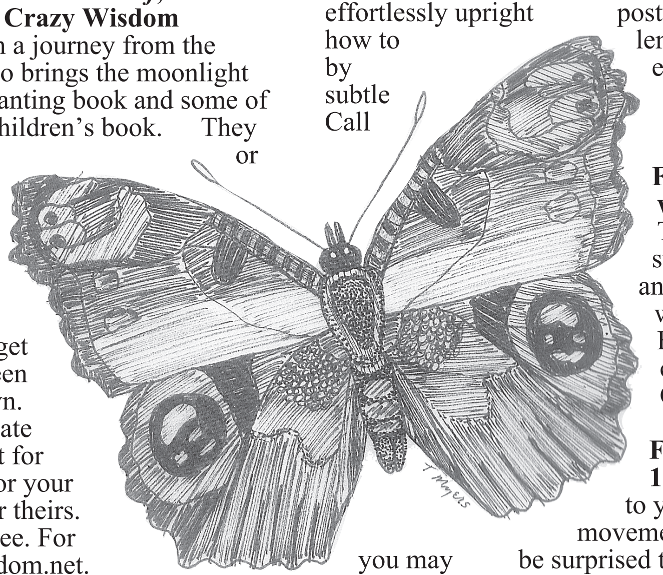

Artwork by Terri Myers

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Third Annual Ann Arbor Book Festival • For complete information, call Kathy Robenalt at 369-3366; www.aabookfestival.org.
Annual Literary Symposium with Michael W. Smith: May 7, 4:30-8 p.m. • Noted author and researcher will discuss adolescents and reading issues for teachers and parents. $22.
Writer's Conference: May 15, 8:30 a.m.-5 p.m. • This will be a full day experience with a variety of sessions on topics such as mystery writing, nonfiction, children's publishers, and more. $105 for conference includes morning coffee, lunch, wine, and cheese; $20 for review session.
Art of the Play: From Page to Stage with William Bolcom, George Shirley, David Walker, Barton Bund, Oyamo, and Sandra Seaton: May 15, 7-10 p.m. • The art of the play will be explored through two staged readings and a play featuring the presenters. $15.
Breakfast with the Authors: May 16, 8:30-9:45 a.m. • Join this group of festival authors in a meal and a chance to get to know them. $20 adults; $10 children ages 6-10; free for ages 6 and under.
Writer's Conference Saturday Sessions: May 16, 10 a.m.-Noon • We will discuss a variety of topics from children's writing to the business of writing. $30.
Perri Klass Author Appearance: May 16, 6:30 p.m. • Dr. Klass will be interviewed by Dr. Chris Elkins. $5.

Ayurveda

Ayurveda: Overview and Personal Assessments with Shannon Walter • May 2, 1-3 p.m. at Crazy Wisdom Community Room • Explore the ancient wisdom of Ayurveda to understand your basic doshic constitution (prakriti). Learn how to balance your dosha through diet, daily routines, and sleep for optimum health. $25. Call 730-6729; swalter@cfigroup.com.

Bodywork

Spring Movement Makeover with Joanna Myers • Spring session: May 5, 12, 19, 26; Summer session: July 7, 14, 21, 28 • Clean out chronic tension and restrictions. Restore mobility, flexibility, and strength so you can train for an athletic event or simply get moving again. Course includes four 90-minute Feldenkrais Awareness Through Movement lessons, four hands-on Functional Integration sessions, an individualized improvement plan, and audio recordings. $380. Call 395-8486; feldannarbor@gmail.com.

Feldenkrais Awareness Through Movement Classes with Joanna Myers through Ann Arbor Community Rec and Ed • April 20-June 8: Mondays, 7:30-8:30 p.m. • Ease tension, increase flexibility, and improve posture. The Feldenkrais Method is the pure art of human movement. Using gentle body movements with guided attention, you'll discover your nervous system's capacity for optimal efficiency, elegance, and power. $105 or $95 for residents. Call Linda Brzezinski at 994-2300; ext. 53203; www.aareced.com under "health and wellness".

Feldenkrais Awareness Through Movement Classes with Joanna Myers through Ann Arbor Community Rec and Ed • July 6-29: Mondays, 7-8 p.m.; Tuesdays, 11 a.m.-Noon; Wednesdays, 8-9 a.m.; Advanced Class Mondays, 8-9 p.m. • Ease tension, increase flexibility, and improve posture. The Feldenkrais Method is the pure art of human movement. Using gentle body movements with guided attention, you'll discover your nervous system's capacity for optimal efficiency, elegance, and power. $59 or $49 for residents. Call Linda Brzezinski at 994-2300; ext. 53203; www.aareced.com under "health and wellness".

Feldenkrais Workshop: Balance and Stability with Joanna Myers through Ann Arbor YMCA • May 17, 1-3 p.m. • Gentle Feldenkrais exercises can help you develop a greater awareness of how you move. The lessons presented in this workshop are designed to increase your ability to coordinate and refine how you use your feet, legs, and pelvis to improve balance and achieve movement that is safer, more comfortable, and more reliable and relaxed. Dress for light exercise. $22 or $16 members. Call 996-YMCA; www.annarborymca.org.

Feldenkrais Workshop: Flexibility in the Hips and Legs with Joanna Myers through Ann Arbor YMCA • May 31, 1-3 p.m. • Prevent back pain, maintain an effortlessly upright posture, and walk with a fluid, efficient stride. You'll learn how to lengthen and relax through your pelvis, hips, and legs - not by endlessly stretching, but by retraining your brain with subtle movement and focused attention. $22 or $16 members. Call 996-YMCA; www.annarborymca.org.

Feldenkrais Awareness Through Movement Classes with Dale Jensen • Ongoing Thursdays, 7-8 p.m. • This class emphasizes improving posture (seated and standing), reducing chronic discomfort, pain and stress, and improving ease and efficiency of movement. Each week, a new 45 minute to one hour gentle, unique Feldenkrais movement sequence is presented. Your first class is free! $12 per class with discount cards available. Call 646-9368; www.mindbodymove.com.

Flexible, Pain-free Hips with Dale Jensen • May 9, 1-3 p.m. • Ease pain and discomfort and restore function to your hips using unique and gentle Feldenkrais Method movement sequences. Improve the mobility of your hips and you may be surprised that pain in other parts of the body may disappear, such as in the back and legs. This workshop will focus on hips, but those with interest in improving posture, walking or running will also benefit. $25. Call 646-9368; www.mindbodymove.com.

Effortless Sitting with Dale Jensen • May 23, 1-3 p.m. • Does sitting for long periods of time make you uncomfortable? What if you could find clear support from your spine so sitting became an effortless activity? Learn gentle movement sequences based on the Feldenkrais Method that tap your body's movement intelligence to ease discomfort and improve posture, making sitting more comfortable. $25. Call 646-9368; www.mindbodymove.com.

Not For Your Eyes Only with Dale Jensen • June 27, 1-3 p.m. • Learn exercises to relax and soften the muscles around the eyes and improve overall coordination. Explore the connection between relaxed eye movements and relaxed overall movement. Benefits may include improved vision, reduced neck/shoulder, back pain, and an overall state of calm relaxation. $25. Call 646-9368; www.mindbodymove.com.

Relax Your Neck and Shoulders with Dale Jensen • Aug. 8, 1-3 p.m. • Ease pain and discomfort and restore range of motion to your neck and shoulders using gentle, unique Feldenkrais Method Awareness Through Movement Lessons. $25. Call 646-9368; www.mindbodymove.com.

Protect Your Health and Release Stress with Alexander Technique with Alice Greminger • Wednesdays, 7 p.m. • Just as Alexander Technique helps performers and athletes overcome performance anxiety and mental/physical blocks to excellence, it also helps all of us destress and function at our highest level. Learn how to use your body's design for free, effortless movement in all your activities. $10. Call 665-0849; alicegreminger@aol.com.

Practitioner Support Night with Mary Seibert • July 7, 7 p.m. • Mary Seibert will talk about emWave and how this biofeedbaack technique can decrease stress, obesity, and heart disease, and improve meditation. Time to practice with biofeedback machines. Open to public to network with other community healers at the Great Lakes Center for Healing Touch. $10 for center members; suggestion donation for non-members. Call 332-9332.

Breathwork

Heart Chakra Opening through Transformational Breathing with Julie Wolcott and Marcia Bailey • May 9, 10 a.m.-5 p.m. or May 16, 11 a.m.-5:30 p.m. • Each of these classes is designed to empower participants in successfully using the Transformational Breath on a regular basis, with a focus on opening the heart chakra. Basic principles of the Transformational Breath will be presented in depth, and two 45-minute group breathing sessions will be offered. Participants will be guided in an integration process after each of the two sessions. Two short meditations, including a lovingkindness meditation, will also be included to further inner reflection. $120 for each workshop. Call Julie at 355-1671; jlwolcott@aol.com or Marcia at 395-4799; mbailey@tm.net.

Transformational Breath Introductory Workshops with Julie Wolcott and Marcia Bailey • May 3, 1:30-4 p.m.; May 27, 7:30-10 p.m.; June 12, July 10, Aug. 14, Sept. 18, 7:30-10 p.m.; and Sept. 3, 7:30-10 p.m. • An introduction to the Transformational Breath, Judith Kravitz' approach to connected breathing. The Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns and, through a process of experiencing full, open, connected breathing, integrate the mind, body, and spirit at a higher vibrational level. Healing, joy, and peace are common outcomes. $50 for each three-hour class. Call Julie at 355-1671; jlwolcott@aol.com or Marcia at 395-4799; mbailey@tm.net.

Transformational Breath Sessions with Julie Wolcott and Marcia Bailey • May 1, June 5, July 24, 7:30-9 p.m.; May 21, 7:30-9 p.m.; and June 28, Sept. 13, 2:30-4 p.m. • These classes are designed to create community and support for experienced Transformational Breathers. A group breathing session will be offered, followed by an integration process after the session. Appropriate for those who have experienced three or more Transformational Breath sessions with us or other facilitators. $25 per class. Call Julie at 355-1671; jlwolcott@aol.com or Marcia at 395-4799; mbailey@tm.net.

Breath Immersion Weekend: Transformational Breathwork Level 1 with Julie Wolcott and Marcia Bailey • June 12, 7:30-10 p.m.; June 13-14, 10 a.m.-5 p.m. • This immersion weekend will include five full breathing sessions and related information. The sum total of the weekend will demonstrate in a powerful way how you can bring abundance, love, vitality, joy, and health more fully into your life through the vehicle of the breath. Specific topics covered include an abundance program, the five rites for physical aliveness, breathing analysis, breath patterns, and Byron Katie's "The Work". $500 for weekend with partial scholarships available. Call Julie at 355-1671; jlwolcott@aol.com or Marcia at 395-4799; mbailey@tm.net.

Spiritual Alchemy: Transformational Breathwork and Meditation with Frank Levey • May 4, 11, 18, June 1; 9-11 a.m. • With the use of a very powerful healing process called Transformational Breathing, we will reinvigorate, deepen, and expand our experience of meditation. Each class will include a 45-minute facilitated breathing session, followed by a silent period of meditation. The areas we will explore are gratitude, forgiveness, letting go, abundance, and equanimity. $80, though no one will be refused admittance due to financial considerations. Call 657-8742; www.awakenedbreath.net.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • June 16, July 14, Aug. 6; 7-9:30 p.m. • Andrew Weil says breathing is the most important thing you can do for optimum health. Learn what the breath can do for you, not just to restore health, but to bring a renewed sense of vitality, optimism, and joy to your life. $50. Call 734-416-5200; info@bodyworkshealingcenter.com.

Experienced Breather's Tune-up with Dave and Pat Krajovic • May 18, June 17, July 16, Aug. 3; 7-8:30 p.m. • This class is for experienced breathers who want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. You must have previously attended at least three Transformational Breathing Introductory workshops. $25. Call 734-416-5200; info@bodyworkshealingcenter.com.

Integrative Breathwork Workshops with Linda Adamcz • May 9, May 30, June 13, June 27, July 11, July 25, Aug. 8 or Aug. 22; 10 a.m.-6 p.m. • A musical journey for insight, emotional healing, and creativity that can assist with major life transitions, grief/loss issues, stress related to physical health, work, finances, and relationships, trauma/abuse, depression or addictions. $90 each day. Call 269-388-2988; www.adamczassociates.com.

Book Discussion Groups

Crazy Wisdom Bookstore Monthly Book Discussion • 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month's title. It is recommended to read the book before meeting. All are welcome; just show up! Call 665-2757; information@crazywisdom.net.

May 22 • *Living Your Unlived Life: Coping with Unrealized Dreams and Fulfilling Your Purpose in the Second Half of Life* by Robert A. Johnson and Jerry Ruhl
June 12 • *Transition Handbook: From Oil Dependency to Local Resilience* by Rob Hopkins and Richard Heinberg
July 24 • *Depletion and Abundance: Life on the New Home Front* by Sharon Astyk
Aug. 14 • *Plan C: Community Survival Strategies for Peak Oil and Climate Change* by Pat Murphy

Buddhism

Letting Go of the Self with Ann Barden • May 9, 9 a.m.-1 p.m. • Freedom from suffering rises from our deep understanding and experience of the nature of reality - impermanent, unsatisfactory, and selfless. In this workshop for experienced meditators, we intend to deeply explore the nature of selflessness. We will begin with an intellectual understanding, then contemplation to penetrate our understanding, followed by periods of silence to experience directly the letting go of self. $20 building fee with opportunity to offer dana to the teacher. Call Deep Spring Center at 477-5848; info@deepspring.org.

Teachings and Meditation Programs offered by Gelek Rimpoche and/or Jewel Heart Instructors • Fees are for non-members. Seniors and students typically receive a discount. For complete information, please contact 994-3387 extension 223; www.jewelheart.org.
The Swift Path • Tuesdays: May 5-Aug. 25, 7:30 p.m. • The Swift Path was composed by the 3rd Panchen Lama and succinctly lays the ground for spiritual development through clear and relevant topics for visualization and analytical meditations. No meeting July 28. $10.
Monthly Inspirational Talks and Brunch • Talks from 10-11 a.m., Brunch 11 a.m. • May 31: Negativity Can Be Purified. June 7: Inspired Discipline. July 5: Maintaining Spiritual Practice. Aug. 2: Illusions of Self. Talk is free; $12.50 for brunch.
Sunday Morning Talks • Sundays: May 3-Aug. 30, Talk 10-11 a.m. and Tea 11-11:30 a.m. • Join Jewel Heart instructors for a taste of Buddhism through introductory talks on contemporary issues followed by tea and cookies or brunch. Open to all. No meeting May 17 or July 26. Donations welcome.
Concentration Meditation Sessions • Sundays: May 3-Aug. 30, 8:45-9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as a point of focus. Open to all levels of experience. Donations welcome.
White Tara Meditation Sessions • Sundays: May 3-Aug. 30, 11:30 a.m.-12:30 p.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Donations welcome.
Expressing Inner Spirit with Collage with Tom Rosenbaum • May 2, 1-5 p.m. • Incorporating abstract design with a spontaneous approach and spiritual inspiration, we will use collage to unlock creative energy for the beginner to experienced artist. $30.
Taking Dharma to Work with Sandy Finkel • Aug. 22, 1-3 p.m. • The inspiring qualities of mindfulness and compassion can bring about richly surprising results when we introduce them to our efforts and relationships in the workplace. $20.
The Four Noble Truths • Thursdays: June 4-July 23, 7-8:30 p.m. • This course introduces Buddha's revolutionary message that suffering can come to an end through one's own efforts. Following Rimpoche's transcript, participants rely on readings, discussion, and meditation. $80.
Ganden Lha Gyema • Thursdays: Aug. 6-Sept. 24, 7-8:30 p.m. • One of the most popular practices in the Tsong Khapa tradition, the Ganden Lha Gyema deepens our connection with the enlightened through meditational exercises that enrich our inner development on the spiritual path. $80.
Deepening Awareness: The Practice of Mindfulness Meditation • Eight Saturdays: June 6-Aug. 15, 10-11:30 a.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. $80.

Teachings and Events with Tsogyelgar Dharma Center • For more information, call A-tsal Khandro at 663-3842; atsalkhandro@gmail.com.
With Love for Every Being: Tsogyelgar Annual Pet Blessing and Life Release with Tsochen Khandro • June 20, 11 a.m. • Buddhists view every life as sacred and the bond between animals and humans is deeply spiritual, awakening compassion and love while healing the heart, body, and mind. These blessings help strengthen the life span of animals, deepen the human-animal connection, and catalyze the spiritual lives of animals. There will also be an animal ransom ceremony where animals large and small, which would otherwise be harmed or killed, are brought and released. Free with owner and animal snacks provided.
Ann Arbor's Peace Stupa • Saturdays beginning July 1, 10 a.m.-Noon • Come and help us build the second stupa at Tsogyelgar. The first stupa, built nine years ago, is a 37-foot-tall stupa to remove obstacles to enlightenment. This second smaller stupa is dedicated to world peace, containing relics of many enlightened beings, precious texts, millions of peace mantras, and thousands of Amitabha tsa tsas. Free with donations welcome.
Discover the Midwest's Largest Mural of Tantric Buddhist Art with Rob Davis • July 18, 5:30 p.m. • Twelve feet tall and 60 feet long, this display of the art of enlightenment offers beauty and blessing. The Tsogyelgar Dharma Center Shrine Room Opening Party includes an Indian feast and music. Free with donations welcome.
A Tea Alchemy Event with Jon Oda • July 18, 7:30 p.m. • The ancient tea ceremony is a meditation on beauty and spiritual transformation, and alchemy is the science of our true nature. These come together to awaken a deep sense of harmony and peace. This is part of the Tsogyelgar Dharma Center Shrine Room Opening Event with the Midwest's largest mural of Tantric Buddhist art and a powerful meditation of the Goddess Tara. Free with donations welcome.
Weekly Buddhist Meditation and Teachings, including Spiritual Peace and Joy through the Goddess Tara and Transformational Music, with Traktung Rinpoche and Senior Students • Sundays beginning July 19, 10:30 a.m. • These meditations and/or teachings are from the ancient Tibetan Buddhist tradition. The Nyingmapa lineage is the most ancient school of Tibetan Buddhism and specializes in practices and traditions for non-monastic life. No experience necessary. Free.
Art of Enlightenment with Rob Davis • Aug. 8, 9 a.m. • One of the premier thangka painters in America will offer a short workshop on transformative art in spiritual practice. Come and learn the secret meaning of Tantric Buddhist symbols and how these can be used in your own life to open to wisdom and compassion. For cost, please call.
Dzogchen and Tantra: Empowerments and Teachings from the Dzinpa Rangdrol of Do Khyetnse Yeshe Dorje • Aug. 15-18 • Do Khyetnse Yeshe Dorje was a Mahasiddha from Golok, Tibet. His western born Tulku, Traktung Rinpoche, will be giving these rare and precious teachings and empowerments. The Dzinpa Rangdrol in a complete yogic path for non-monastic Tantric Buddhist practitioners with methods coming from the inner tantras and Dzogchen lineage. Free.

> Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever.
>
> - Margaret Cho

Teachings and Events with Zen Buddhist Temple of Ann Arbor • For more information, call 761-6520; annarbor@zenbuddhisttemple.org.
Two Sunday Services • 9:30-11 a.m. and 4-5:30 p.m. • Each Sunday, morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation.
One-Day Zen Meditation Retreat • May 2 and Aug. 8, 9 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest - an interval of deepening, of slowing down, silence, and mindfulness. $60 includes vegetarian meals.
Introductory Zen Meditation Course • Five Thursdays beginning May 28 and July 16, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 or $120 unwaged.
Overnight Introductory Meditation Course • July 17, 7 p.m. through July 18, Noon • This format is primarily for out-of-towners but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160 includes accommodation and vegetarian meals.
Liberation of Life Service and Sangha Potluck Picnic • June 14 beginning at 9:30 a.m. at Delhi Park • This service is held each year to remind us of our kinship with all beings. It will be followed by a vegetarian potluck picnic and time to play in the park beginning at 12:30 p.m.
Annual Summer Lecture Series • July 14, 21, 28; 7:30-8:45 p.m. • The topics will be Buddhism and everyday life.
23rd Annual Peace Camp • July 31-Aug. 5 at Friend's Lake • Emphasizing peace, cooperation, mindfulness, and fun, we welcome children, parents, and other adults. We need counselors for various age groups.
Visitor's Program and Residential Opportunities • This ongoing program is for people who want to spend some time living in the Temple to cultivate their practice. They follow the schedule and participate in Temple programs in the mornings and/or evenings. The program is geared to personal needs and wishes. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary.

The Crazy Wisdom Calendar

Buddhism (continued)

Buddha's Birthday: A Celebration for the Whole Family with Zen Buddhist Temple of Ann Arbor • May 16-17 • Everyone is welcome to join us for part or all of this most festive Buddhist holiday. For more information, call 761-6520; annarbor@zenbuddhisttemple.org.
May 16 • 2:30 p.m. • Eighth Annual Poetry Event
6 p.m. • Vegetarian Entrees and Dessert Buffet followed by storytelling with Yvonne Healy and music with Joe Reilly. $6 students and seniors, $12 adults or $30 families.
May 17 • 9:30 a.m. • Buddhist Religious Service including Dharma Talk, bathing the Baby Buddha, and contemplation of human life. Simultaneously, there will be a Children's Service and lantern dedication.
11 a.m. • Peace and Happiness Street Parade
1 p.m. • Forum: Doing Time, Doing Dharma talk and discussion with Buddhists working in Michigan prisons
3 p.m. • Introduction to Zen Meditation talk and demonstration
7:30 p.m. • Lotus Lantern Lighting and Chanting Service includes the lighting of beautiful flower lanterns, a unique Korean tradition, ending the Buddha's Birthday observance in a serene and lovely way. The service includes readings from scriptures and the dedication of the lanterns. Everyone is welcome.

Ceremonies & Celebrations

Honoring the Mother at Michigan Friends Center • May 10, 7-9 p.m. • An evening of honoring the mother - our individual mothers, the Great Mother, Mother Earth. Bring a token of the mother you wish to honor - a memento, photo, song, poem - and we will create a circle of recollection. The other centerpiece of the evening will be a sculptural work by local artist Rosemary Caruso. By donation. Call Karen Chalmer at 475-7451; manager@michiganfriendscenter.org.

Beltane: Dancing with the Goddess with Layla Ananda • May 2, 2-5 p.m. • Come dance around the Maypole in celebration of the energies of creativity and passion within and around us! Join us for the Wiccan ceremony that inspired May Day. We will sing, dance, drum, meditate, and honor the Goddess on this glorious cross-quarter halfway between spring equinox and summer solstice. Love offering. Call Gateways Center for Life Enrichment at 332-4666 or Layla at 973-0684; layla.ananda@gmail.com.

Summer Solstice Celebration with Judy Crookes • June 20, 7:30 p.m. • Summer Solstice is a celebration of the longest day of the year and the beginning of summer and has been a grand tribal gathering time since ancient times. The Goddess manifests as Mother Earth and the God as the Sun King. It is a festival of community sharing and planetary service. We will have a meditation lead by Jacob, a ceremonial bonfire, and drumming, so bring your noise making tools! Love offering, and bring a dessert to share and a lawn chair. Call Gateways Center for Life Enrichment at 913-4927.

Lugnasad: Dancing with the Goddess with Layla Ananda • Aug. 1, 2-5 p.m. • Halfway between the summer solstice and the fall equinox comes the cross-quarter Lugnasad - the Wiccan harvest celebration. Through the long days of summer, we have tended our inner garden, and now is the time to celebrate the fruits of our labors! Come meditate, chant, drum, dance, and explore your inner landscape. Love offering. Call Gateways Center for Life Enrichment at 332-4666 or Layla at 973-0684; layla.ananda@gmail.com.

Druidic Beltane Ritual with Shining Lakes Grove • May 2, 2-5 p.m. • Come join us as we honor Aren, our god of beauty, love, and freedom. We will also feature a Maypole Dance and other traditional practices. There will be a raffle and potluck following the ritual. Free. Rain date is May 3. Call 262-1052; robh@shininglakes.org.

Druidic Summer Solstice Ritual with Shining Lakes Grove • June 20, 2-5 p.m. • Come join us as we honor Bel and Danu, our primal father and mother deities. There will be a raffle and potluck following the rite. Free. Rain date is June 21. Call 262-1052; robh@shininglakes.org.

Golden Lotus Banquet with Roy Eugene Davis sponsored by Golden Lotus Yoga Teachers Association • May 2 • Our annual banquet will be held in Plymouth and will feature Roy Eugene Davis, a direct disciple of Paramahansa Yogananda. $80. For times, call 586-431-2857; www.goldenlotus.org.

Full Moon Bonfire and Potluck with Deanne Bednar • May 9, 6-9 p.m. • Connect with good folks, good food, and nature in a beautiful, rural, wooded setting. Tour the natural buildings and enjoy an outdoor bonfire or woodstove fire in the Strawbale Studio, an enchanting thatched-roof structure. $10 suggested donation. Call 248-628-1887; www.strawbalestudio.org.

Channeling

Opening to Channel 101 with Jacob channeled by Judy Crookes through Gateways Center • Five Mondays beginning May 11, 7:30-9:30 p.m. • We will work with focusing techniques and practice channeling as a serious enterprise. Please come ready to approach this class with an open but also serious mind. Jacob will work with each participant to help them attune to their Guide - be it higher or future selves or a being of light. $126 in advance. Call 913-4927.

An Evening with Jacob with Judy Crookes through Gateways Center • May 1, June 5, July 10; 7:30-9:30 p.m. • Each unique evening has a theme that Jacob will discuss with participants and will illustrate how the theme impacts their lives and the wnorld aroud them. Occasionally, evenings are question and answer sessions and almost always end in a deep meditation. They are informative, filled with laughter, and deeply personal. $15. Call 913-4927.

An Evening with Jacob with Judy Crookes • May 18, 7 p.m. • See above description. $20. Call Deb Foggio at 248-702-7064; www.integrativewellbeing.com.

Into the Fire: A One-Day Exploration with Jacob channeled by Judy Crookes through Gateways Center • July 18, 10 a.m.-4 p.m. • Come explore your inner fire with Jacob during this day of self-observation. What does fire mean to you? Is it only the part of nature that is destructive? Is your inner fire destructive to you? Does fire mean anger, rage or passion? Jacob will work with the group as a whole and you individually, when appropriate, and the day will consist of short talks, assignments, and meditations. $49 and bring lunch. Call 913-4927.

Evenings with Aaron channeled by Barbara Brodsky • May 20, 7:30-9:30 p.m. • The evening is led by Aaron, a being of light, love, compassion, wisdom, and gentle humor. Aaron offers a talk and answers personal and universal questions. All welcome. Offered on a donation basis. Call Deep Spring Center at 477-5848; info@deepspring.org.

> What is life? It is the flash of the firefly
> in the night. It is the breath of a buffalo
> in the wintertime. It is the little shadow
> which runs across the grass and loses itself
> in the sunset.
>
> \- Crowfoot

The Gathering with Karlta Zarley • Third Tuesday of each month, 7 p.m. • Karlta channels information from spirit about changes we experience as we move towards ascension and trends and issues that affect us. Often there is time for questions and answers with the guides. $10 and bring a dish to share. Call Evan Peelle at 248-437-7466.

Foundations in Psychic Development IV: Channeling with John Friedlander • Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • Learn the clairvoyant mechanics of skillful channeling: how to prepare your space for channeling while still owning and governing your space. This requires clearing psychic agreements, karma, and thought forms that distort both ordinary awareness and channeling. $250. For dates, call 998-0340; rose_m_48105@yahoo.com.

Chant

Monthly Ann Arbor Kirtan with Ann Arbor Kirtan Group • May 22, June 19, July 17, Aug. 21; 7:30-9:30 p.m. • Come join Ann Arbor Kirtan for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross cultural music experience that incorporates the audience right into the performance. Free with donations accepted. Call Karen Levin at 645-8904; krlevin@comcast.net.

Six-Hour Meditation and Kirtan with JAYA at Song of the Morning • June 13 • Combining a six hour devotional meditation with kirtan, this is a rare opportunity to go deeper and experience more bliss through the magic of chant and devotional song. Love offering. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Bhavanand Kirtan with Steve Sandner and Peggy Braden at Song of the Morning • June 28-July 5 • We are thrilled to introduce the SOTM homegrown kirtan band! Everyday but Tuesday, there will be evening kirtan surrounding our regular meditations, plus afternoon harmonium lessons and voice coaching, by appointment. The purpose of the kirtan sangha (chanting group) is a shared experience of concentration in the joy of sacred music. Love offering. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Childbirth

Hypnosis for Pregnancy and Childbirth with Kathy Braun • June 27, 11 a.m.-1 p.m. at Crazy Wisdom Community Room • Hypnosis techniques can help make pregnancy and childbirth an easy, wonderful experience. A hypnotic state is essentially a state of deep, profound relaxation. Baby will benefit, too! Dads can also learn how to function as co-hypnotherapist. $50. Call 760-710-1804; www.annarborhypnotherapy.com.

Childbirth Preparation: Everything You Need to Know with Kate Stroud • Seven Tuesdays, June 16-July 28; 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. Birth videos, lending library, resources, referrals, and more are available. $235 per couple. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

Childbirth Preparation: Focus on Labor and Birth Condensed Series with Kate Stroud • Two Saturdays: June 13 and 20, or Aug. 2 and 9; 1-4:30 p.m. • The condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. $165 per couple. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

Newborn Care 101 with Jaminda Springer • June 11 or Aug. 26, 6:30-9 p.m. • As parents, we are all figuring it out as we go along. In this class, we will share practical insights and identify supportive resources. How to hold a newborn, babies' sensory capacities, all the "stuff" that's really necessary, and diapering, bathing, and calming baby. $40 per couple. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

Breastfeeding Basics with Barbara Robertson • July 12 or Aug. 29, 12:30-5 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain-free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, learning your baby's hunger cues, and more. $60 per couple. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

Combining Work and Breastfeeding with Barbara Robertson • June 9 or Aug. 24, 6:30-9 p.m. • We will discuss strategies for returning to work. Types of breast pumps, the experience of pumping, safe storage of breastmilk, and more will be covered. Each mother, with the help of the group, will have the opportunity to work toward a personal plan for her unique situation. Nursing babies welcome; can be taken prior to birth. $30. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud • June 6-7 or Aug. 15-16, 8:30 a.m.-6 p.m. • Are you interested in a career working with moms and babies? Become a professional Birth Doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be a support role for other moms. Class leads to professional certification through DONA International. $375 or $340 early registration. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

DONA International Postpartum Doula Workshop with Patty Brennan • July 16-19: Thursday 2:30-8:15 p.m., Friday and Saturday 8:30 a.m.-6 p.m., Sunday 8:30 a.m.-3:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on postpartum recovery, normal physiologic recovery for mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, and postpartum mood disorders. Class leads to professional certification through DONA International. $425 or $385 early registration. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

Professional Education in Breastfeeding and Lactation with Barbara Robertson • July 11, 9 a.m.-2 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. Approved for nursing CEs. $75 or $65 early registration. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud • June 5 or Aug. 14, 10 a.m.-6:30 p.m. • Want to become a doula and wondering where to start? Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology of pregnancy, labor, and birth; nutrition; and more. $120 or $105 early registration. Call Center for the Childbearing Year at 663-1523; www.center4cby.com.

Children & Young Adults

Mother's Day Tea with the Fairies at Crazy Wisdom Tea Room • Sunday, May 10; 2 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with the fairies as they serve tea, treats, and magic. There will be story time read from books available at Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Babies 18 months and younger free. Register early as our next Tea with the Fairies event will not be until Autumn 2009! Call Lily at 665-9468; lily@crazywisdom.net. Please leave your telephone contact information if leaving a message.

Reading and Book Signing with Joanna Hastings, Author of *Moon Wolf*, Illustrated by Children of Summers-Knoll School • May 31, 2 p.m. at Crazy Wisdom Bookstore • *Moon Wolf* is a wonderful book that takes you on a journey from the moon to the earth and back with a wise and beautiful wolf who brings the moonlight to earth, singing as she goes. Ms. Hastings will read this enchanting book and some of the illustrators from grades K-6 will talk about illustrating a children's book. They will also sign copies of the book for those who bring a copy or purchase one at the event. Free. Call Rachel at 665-2757; rachel@crazywisdom.net.

Yoga and Self-Care for Girls with Mai Datta at Matthaei Botanical Gardens • July 20-24, 9 a.m.-1 p.m. • Join us this summer in the stunning environs of the Matthaei Botanical Gardens and experience a joyous week-long workshop that combines yoga, hiking, exploring the grounds, and learning about self-care. Make natural facial masks and moisturizers and take samples home, make bread from scratch, and journal and draw in the gardens. Yoga enhances physical and emotional balance, builds confidence and self-esteem, and develops keen focus. $220. Call 268-6008; www.radiantnow.org.

Yoga and Nature Summer Camp for Ages 6-10 with Mai Datta at Matthaei Botanical Gardens • July 27-31, 9 a.m.-1 p.m. • Join us this summer in the stunning environs of the Matthaei Botanical Gardens and experience a wholesome and fun program that combines elements of movement, creativity, and ecstatic joy while we do yoga, hike, explore the grounds, draw outdoors, journal, and engage in nature-based activities. $210. Call 268-6008; www.radiantnow.org.

New Moon Sing with Tammy Corwin-Renner • On the New Moon: May 24, June 22, July 22, Aug. 20; 6:30-7:30 p.m. • A sing for girls 8 to 18 years and their mothers, aunts, grandmothers, and female friends. We sing songs and rounds to nourish our relationships with one another, the earth, and ourselves. By donation. Call 786-3991.

Motive Peace Camp with Michigan Friends Center • June 15-19, 1-5 p.m. • For children entering K-8th grade, a fun week spent exploring nature and developing values. Camp activities will be largely group-based and experiential, and promote values such as respect, affirmations, communication skills, forgiveness, stewardship, creative play, courage, heroism, and activism. Campers will be encouraged to make the "Kids Pledge for Non-Violence" at the end of the camp session. $140. Call Maribeth Hammer at 475-1892; manager@michiganfriendscenter.org.

Local Outdoor Forest Adventures! for Ages 6-9 with Michigan Friends Center • July 13-17, 9 a.m.-Noon • Join us for another exciting year of experiencing art class outside in the forest! Draw, paint, and sculpt the animals, plants, trees, and lake. Create clay lizards, bark and moss houses, and woodland creatures. $120. Carpooling from Ann Arbor available. Call Maribeth Hammer at 475-1892; manager@michiganfriendscenter.org.

Blue Turtle Nature Awareness and Wilderness Skills Camp with Larissa Czuchnowsky and Frank Levey • June 22-26, July 6-10, July 29-Aug. 2 • Campers will learn basic primitive and outdoor skills in a playful, cooperative environment. The inclusion of games, drumming, crafts, culinary adventures, and basic carpentry round out the camp experience. $295. Call 975-4448; czuchnow@aaps.k12.mi.us.

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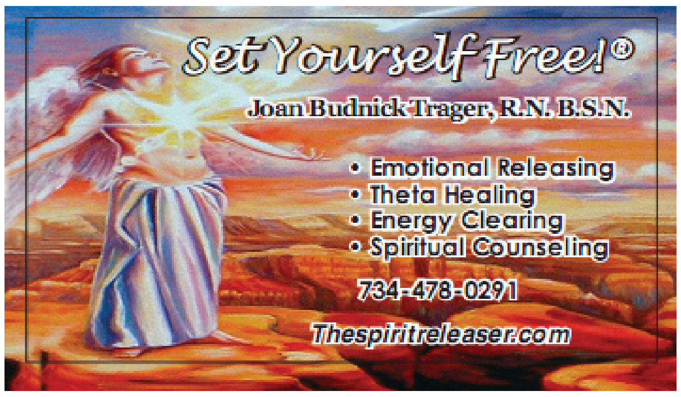
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The Crazy Wisdom Calendar

Children & Young Adults (cont)

Summer Art Camps with Eva Leventer • June 22-Aug. 28 • There will be six one-week camps and workshops for children. Rainforest Extravaganza for ages 6-9. Nature Exploration for ages 3-4. Fashion Workshop for ages 10 and up. Farm Animal Fun for ages 5-7. Outdoor Forest Adventures for ages 6-9. Cartoons and Comics for ages 8-12. Where the Wild Things Are for ages 6-9. Aftercare and scholarships available. $120. Call 260-0501; levenev@gmail.com.

Youth and Spirituality: Sharing Stories, Walking a Common Path for Ages 13-18 with Kate Durda • Aug. 16, 1-5 p.m. • Young people have profound beliefs and meaningful spiritual experiences from a very early age, often with no peers to talk with about their experiences. In this workshop, participants will share what their spiritual path is like, and also learn powerful spiritual practices and principles that will help them stay spiritually healthy. There will be an opportunity to learn about and walk the labyrinth, and to drum using provided frame drums. $25. Call 517-543-6754; spiritweaver@voyager.net.

Family Board Game Night with Adam Kripke • May 28, June 18, July 23, Aug 20; 7-8 p.m. • Bring the whole family! We will be playing all the best in board games. Admission is free; donations are appreciated. Call Body Mind Spirit Wellness Center at 945-8602; www.bmswc.com.

Sing with Me! with Gari Stein • April 21-June 25: Tuesdays, Wednesdays or Thursdays, 9:15 a.m. or 10:45 a.m. • Musical enrichment for children birth to five and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research-based program that enhances development, learning, listening, and literacy. $140 for ten weeks includes four cds. Discount for sibling. Call 741-1510; garistein@aol.com.

Baby and You! with Gari Stein • April 22-June 24: Wednesdays, 12:30 p.m. • Music and movement for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. $140 for ten weeks includes two cds. Discount for sibling. Call 741-1510; garistein@aol.com.

Meditation and Markers for Ages 7 and Up with Jennifer Flowers • May 7, June 4, July 2; 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw. $12. Each additional family member $6. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki for Kids with Jennifer Flowers • June 28, 10 a.m.-3 p.m. • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to plants, food, and yourself. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $20 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki for Teens with Jennifer Flowers • July 26, 1-6 p.m. • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to plants, food, and yourself. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $15 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Youth Karate with Barb Christensen at Mind, Body, Spirit Academe • Tuesdays, 6-8 p.m. or Thursdays, 4-6 p.m. • The art of karate has been passed from generation to generation through oral tradition and hand to hand teaching. The Okinawan Karate Club of Ann Arbor is a group dedicated to the teaching of Grandmaster Eizo Shimabukuro's Karate, Kobudo, and Jujitsu. For cost, call 665-2840; blchristensen@earthlink.net.

Music Together with Robin Robinson at Mind, Body, Spirit Academe • Tuesdays, 10-11 a.m. or 2-3 p.m.; Thursdays, 10-11 a.m.; Fridays, 10-11 a.m.; Saturdays, 10:30-11:30 a.m. • Music Together is an internationally recognized early childhood music program for infants, toddlers, preschoolers, and the adults who love them. Registration includes twelve 45-minute classes, an illustrated songbook, and cd. For cost, call 929-2133; www.robinsongsforkids.com.

Tree of Life Kids' Camps for Ages 7 and Up • July 6-31, Monday-Friday 10 a.m.-2 p.m. • Join us this summer to explore movements, rhythms, and crafts from around the world. We'll explore Africa, the Middle East and India, Brazil, and Broadway. Choose one destination or join us for all four! Each week focuses on a genre of music and movement of different traditions. An organic smoothie will be provided each day during the lunch break and outdoor play time. Bring a sack lunch. Each camp will culminate with a demonstration for parents to enjoy on Friday. For cost, call 433-0697; www.treeoflifestudio.org.

Jump for Joy Children's Retreat for Ages 5-12 with Song of the Morning Ranch Staff and Friends • Aug. 21-23 • A magically fun introduction to spirituality for children with hatha yoga, mandala making, guided meditation, songs, stories, a shrine hike with picnic, and the launching of spirit rafts. $50. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Tree of Life Drumming and Dance Spring Classes for Kids • April 6-June 13 • $12 drop-in or $100 for ten-week session. Call 433-0697; www.treeoflifestudio.org.
Ballet, Tap, and Jazz for Ages 4-6 with Katie Koval • Mondays, 4 p.m.
African Dance for Ages 7-12 with Jenabah Giacomelli • Mondays, 5 p.m.
Tribal Bellydance for Ages 7 and Up with Jessica Snyder • Tuesdays, 4 p.m.
Hand Drumming for Ages 8-12 with Sundance DiDomenico • Tuesdays, 5 p.m.
Tumble-n-Twist for Ages 2-4 with Cheri Sing • Wednesdays, 10:45 a.m. or Saturdays, 10:15 a.m.
Intermediate Jazz/Hip Hop for Ages 8-12 with Jenabah Giacomelli • Thursdays, 4 p.m.
Capoeira for Ages 6-12 with Van Robinson (Manhoso) • Thursdays, 5 p.m.
Broadway Blast 1A with Jaclyn Morrow • Wednesdays, 4 p.m. for ages 6-8; 5 p.m. for ages 7-12

Sixth Annual Teen Week with Frank Wheeler and Erich Moraine at Song of the Morning Ranch • July 12-19 • An extraordinary eight days of growth and laughter for teenagers ages 13-19. Come participate in a high awareness week of challenging projects, labyrinth building, optional daily hatha yoga and meditation, plus great fun. The teens are in charge under the guidance of longtime Golden Lotus yoga teacher and workshop facilitator Frank Wheeler with the assistance of Erich Moraine and others. $200 all inclusive with scholarships available. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Chronic Illness

Imagine Health: Using Disease as a Catalyst for Positive Transformation with Kristi Davis • June 2-July 14, Tuesdays, 1:15-3:45 p.m. • Imagine Health is a creative, holistic, therapeutic group process designed for people with chronic illness who desire to use their physical challenges as a way to transform their lives. Participants will engage in drama exercises, art, writing, movement, and guided imagery meditations to explore the body's messages, core mental/emotional issues, grief and loss, and avenues for healing. $245 for seven weeks; $25 for workbook. Call 253-2650; kristi@creativespirithealing.com.

Community

Expanding Community in Times of Trouble: Open Discussion with Michael Andes • May 18, 7-9 p.m. • This will be an opportunity for those wanting more experience with community to discuss how it works and why it will become more important in all our lives. Free. Call 662-5215; mandes@comcast.net.

Dreams

DreamWorks: Decoding Your Dreams with Deb Foggio • May 30, 1-4 p.m. • Learn how to analyze your dreams to reveal the power in your life experience. Decode your personal library of dream symbolism for true understanding of your spiritual truth. $45. Call 248-702-7064; www.integrativewellbeing.com.

Drumming

Drummunity Circles with Lori Fithian • May 27, June 17, July 22, Aug. 25; 7-9 p.m. • Get you hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com.

Community Drum Jam with Tree of Life Cultural Arts Studio • May 22, June 26, July 24; 8-11 p.m. • A drum circle for all! Feel the pulse at Tree of Life once a month while we build community through rhythm, song, and dance. Bring your own drum or use one of ours. Free. Call 433-0697; www.treeoflifestudio.org.

Hand Drumming for Teens and Adults with Sundance DiDomenico at Tree of Life • Wednesdays, April 8-June 10; 8 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from around the globe as well as how to listen and improvise within the structure created. $12 drop-in or $100 for ten week session. Call 433-0697; www.treeoflifestudio.org.

Drum Circle with Curtis Glatter or Dan Piccolo • May 10, June 21, July 12, Aug. 16; 5-6 p.m. • Our community drum circle is a noisy and fun, family friendly event where people come together in order to share their spirit by entertaining rhythmically as a percussion ensemble. Everyone who comes and participates has something to offer the circle, and anyone is welcome. Free. Call Body Mind Spirit Wellness Center at 945-8602; www.bmswc.com.

Energy Healing & Energy Work

Magnified Healing with Jennifer Flowers • May 30-31, 2-8 p.m. • Focusing on the heart, magnified healing establishes a constant flow of healing from your heart center to the source, the all that is, the infinite mind, through all the spiritual centers, down to the diamond at the center of the earth. This link spirals and brings a deep state of grace from the source, building your light body for ascension, creating energy with the god most high of the universe. Through the intervention of Kwan Yin, magnified healing was brought forth for the spiritual advancement of humanity and earth. $150 includes materials, manual, certificate, cd, and bottle of Kwan Yin essences. Call 734-416-5200; info@bodyworkshealingcenter.com.

Esoteric Energy Healing Level One with Laurie Akerros • July 17-19, 9 a.m.-5 p.m. • Students will learn to palpate, assess, and treat the human energy field with sensitivity and awareness in order to create conditions for optimal healing and wellness for clients, friends, and family. We will work with various subtle "bodies" of energy: physical/etheric, emotional, mental, soul, and spirit aspects. $395. Call 255-2677; lakerros@hotmail.com.

Healing Touch Certification Program Level 1 with Barbara McConnell • Aug. 15-16, 8:30 a.m.-6 p.m. • Healing Touch is a complementary energy therapy that can be used with or without traditional therapies. Students use their hands with light or near-body touch to help clear, balance and energize the human energy system to promote healing for the mind, body, and spirit. It is based on a heart-centered caring for others. 18 CEs. $275 plus $10 materials fee with early registration discount offered. Call 517-914-4133; mcconb51@bigplanet.com.

Healing Touch Certification Program Level 2 with Barbara McConnell • May 23-24, 8:30 a.m.-6 p.m. • Level 2 is a review of Level 1 with the addition of Back Techniques and several other techniques that will enhance deeper work. You will learn how to interface Level 1 and 2 techniques, document sessions, and set goals with the client. 17.5 CEs. $300 plus $10 materials fee with early registration discount offered. Call 517-914-4133; mcconb51@bigplanet.com.

Field Hygiene, Parts One and Two with Karlta Zarley • June 20-21, 9 a.m.-6 p.m. • We will discuss repairing the energy field after trauma, removing foreign objects, removing vowlocks, curses, balancing the limbic system the Ganglion of Impar and the Alta Major, and working with the hyoid bone. There will be time to practice. $250. Bring a sack lunch. $250. Call 433-9333.

Seals of Solomon Activation, Part One with Karlta Zarley • Aug. 8, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom that each of us gained in previous lifetimes stored within each of us. This activation begins the Unichakra process, clearing the DNA of trauma, and opens the first five seals, covering the Egyptian, Mayan, Mu, Atlantean, and Druid lifetimes. $225. Refreshments provided. Call 433-9333.

Obama the Indigo: 2012 and Beyond with Nancy Tappe of Gateways Center for Life Enrichment • May 16, 10 a.m.-5 p.m. • A look at the Indigo influence, why it has entered the world at this time, and Nancy's views on 2012 and beyond. $89. Call 734-332-4666; gatewayscenter@hotmail.com.

How to Go with the Indigo Flow with Nancy Tappe of Gateways Center for Life Enrichment • May 21, 7 p.m. • Join us at our regular monthly meeting when Nancy will share her views on working with the new planetary energy. $5. Call 734-332-4666; gatewayscenter@hotmail.com.

Flower of Life Workshop 2000+ with Lorna Brown • May 17 and 24, 9 a.m.-5 p.m. • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 428-8748; starlab6@aol.com.

Flower of Life Workshop Reunion with Lorna Brown • June 14, 1-5 p.m. • All Flower of Life graduates are welcome to come, share, and reconnect with other students for review as well as discussion regarding current planetary happenings and events. $10. Call 428-8748; starlab6@aol.com.

Basic Spiritual Response Therapy Level 1 with Donitza Smith • Free Intro June 19, 6-9 p.m.; June 20 and 21, 10 a.m.-4 p.m. • Learn how to clear negative energies, programs, and contracts from your soul's akashic records that hold you back from experiencing optimal health, freedom from childhood trauma, prosperity, and peace. Relationships improve, addictions leave, and you experience infinite love. $325 or $275 paid two weeks in advance. Call 248-408-8034; donitza@wowway.com.

Soul Essence Evolving: A Systemic Constellation Approach with Jane McLaren and Deb Foggio • May 8, 22, June 12, 26, July 10, 24, Aug. 14, 28 • This is systemic constellation work that reveals how you are creating your life through your four essences: spiritual, mental, emotional, and physical. This is healing work to help you transcend challenges while allowing healing through the universe of universal energy. $25 each. For times, call Deb at 248-702-7064 or Jane at 248-345-3890; www.integrativewellbeing.com.

The Integrative Soul: Systemic Constellations with Vivian Broughton • May 16-17, 10 a.m.-5 p.m. • The powerful systemic constellation approach releases intergenerational blocks with a specialty in the release of blocks or past traumas. This is soul growth work and a special forum for political, social, and economic topics. $95 each day. Call Deb at 248-702-7064 or Jane at 248-345-3890; www.integrativewellbeing.com.

Introduction to Healing Lecture with Gary Blaze • July 25, 1-3:30 p.m. • Whether you are new to healing or experienced, you can gain new insight from the broad understanding of Gary Blaze. Learn to turn the great universal life force into a magical elixir of healing power. $5. Call Chrissie Blaze at 248-588-0290; www.aetherius-mi.org.

Exercise & Fitness

Pain-Free Living Series with Ann-Margaret Giovino at Arbor Farms Market • 10:30 a.m. and 7 p.m. • Free. Call 996-8111; ann-margaret@gymgiovino.com.
Restoring Your Feet's Function and Flexibility • May 27 • Sore feet, fallen arches, toe problems? We need our feet everyday, all day, to support our lives. So where do we begin to find relief? We have the power to change our circumstances and, if we take responsibility, we can do it ourselves through exercise.
Weak Ankles • June 24 • Weekend warrior with weak ankles? Sports and accidents don't damage ankles, but body misalignments do. Unravel the problem and find the key to understanding this perfectly evolved mechanism for bipedal motion.
Reversing the Cycle of Knee Pain and Injury • July 22 • Get the real deal on patellofemoral disease, meniscitis, prepatellar bursitis, knee osteoarthritis, chondromalacia patellae, and locked knee. Find out what's happening in other joints and how it relates directly to your knees.
Move Those Hips! • Aug. 26 • If you're feeling hip pain or facing hip replacement, it's never too late to change course. Learn what has happened to your hips and why, either to avoid hip surgery or to make sure you never have it done again.

Film

Film Screenings and Discussion with Transition Ann Arbor • 7 p.m. at Arbor Brewing Co. • Films followed by discussion of the Transition Towns movement and how local communities can respond creatively to the anticipated end of cheap oil. Free with donations welcome. Call 272-7715; www.transitionannarbor.org.
The Power of Community: How Cuba Survived Peak Oil • June 2 • In the 1980s when the Soviet Union collapsed, Cuba lost most of its oil imports overnight. How it adapted to this monumental change is an extraordinary tale of courage, creativity, and the human spirit.
The End of Suburbia: Oil Depletion and the Collapse of the American Dream • June 9 • Winner of many awards, the film sets out the case for peak oil in a clear and compelling way, with just enough humor to sugarcoat the bitter pill.
A Crude Awakening: The Oil Crash • June 16 • The story of how our civilization's addiction to oil puts it on a collision course with geology. The film proposes that our industrial society, built on cheap and readily available oil, must be completely re-imagined and overhauled.
Transition Town Flicks • June 23 • The Transition Towns Movement was sparked by a visionary permaculturalist, Rob Hopkins, and has progressed from a college course in Ireland to an internationally acclaimed activist movement. View several short interviews with Hopkins and join in discussion.

Creating Local Resilience in Times of Economic Uncertainty Film Series with North Ann Arbor Transition Team • 7-9 p.m. at Rudolf Steiner High School • Part of the local Transition Town Film Series, these events are open to all who are interested in learning more about creating community driven local sustainability and a vibrant post-oil economy. More films to be announced on July 23, Aug. 6, and Aug. 20. Free. Call Jennifer Pavich at 846-7920; www.transitionannarbor.org.
What Will We Eat • May 7 • Includes workshops on square foot gardening and how to build a hoop house
Home Grown Revolution • May 21
Escape from Suburbia • June 4
The Power of Community • June 18
Ancient Futures • July 9

Conscious Cinema: Free Movie Night with Members of Body Mind Spirit Wellness Center • May 22, June 26, July 31, Aug. 28; 7-9 p.m. • Join us for an engaging evening of movies and conversation. We will watch uplifting, insightful, and intriguing movies that make us think, feel, and share. All are welcome! Free. Call 945-8602; www.bmswc.com.

Films and Discussion at Jewel Heart • Once a month, Jewel Heart hosts an evening of entertainment with a free film followed by group discussion. Bring your friends and join us for a movie, a concession stand, and lots of conversation about the film. Free film begins at 7 p.m. with concessions available. No film in July. Call 994-3387; www.jewelheart.org.
May 29: Forgiveness - Stories of Our Time
June 26: Waking Life
Aug. 28: A Spiritual Cinema Circle selection on Raising Consciousness - Four Shorts

Flower Essences

A Complete Study of the Bach Flower Remedies with Laurie Akerros • June 27-28, 9 a.m.-5 p.m. • This class will cover the history and an in-depth study of each of the 38 Bach Flower Remedies. Students will learn how to evaluate when a particular remedy might be helpful for emotional, mental, and spiritual issues and how to properly mix and prepare remedies. Each student will leave with their own unique remedy combination and a new skill to help clients, friends, and family. $160. Call 255-2677; lakerros@hotmail.com.

Introduction to the Bach Flower Remedies: Level 1 of the Bach International Education Program with Nancy Buono • May 16, 10 a.m.-5:30 p.m. and May 17, 10 a.m.-5 p.m. • Learn how to use the Bach Flower Remedies, a safe and simple system to reduce stress and restore emotional balance. This course is approved by the Dr. Edward Bach Foundation, UK. NCBTMB CEs available. $295. Call 631-563-5007.

Fundraisers

Swing Into Spring: 8th Annual Fundraising Event and Celebration for The Women's Center of Southeastern Michigan • May 1, 6-10 p.m. • Silent and live auction, live music, dancing, and strolling supper. $50. Call Angie Moore at 973-6779; info@womenscenterSEMI.org.

The Crazy Wisdom Calendar will be posted online starting May 6, 2009, at crazywisdom.net.

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Questions for Dr. Andréa Brisson, Chiropractor and Naturopath

When you were a girl, what did you want to be when you grew up?

My aspirations began as a Physical Therapist. This career choice started the summer I turned 16. I spent time with my grandparents helping my grandmother nurse my grandfather from a double leg amputee. My grandmother didn't drive so the family took turns taking my grandfather to physical therapy. This was the beginning of my long and winding road.

Do you have doctors, healers and/or chiropractors in your family?

I believe that in some way we are all healers. But formally, no, I am the only one in my family. I do have an Aunt who is an amazing nurse. Does that count?

Yes, I think that definitely counts! Do you think some people are born healers?

Speaking from experience: I know that in my career I have answered a calling. Is that the same thing as being a born healer? I am not sure. I do know I have put a lot of energy and focus into knowing what I know. Does that mean the gift was there or I had to cultivate it? I think that for me it was a bit of both. From my perspective, that makes me a born healer with an intention to cultivate it.

Did you study chiropractic care before or after you studied naturopathy? And why in that order?

I first studied Physical Therapy. I became restless with that profession because it was in a model that treated symptoms. I knew this was not how I wanted to spend my life. I quit Physical Therapy in search of something more holistic.

That is when I was led to Chiropractic School. Chiropractic gave me everything I was looking for, and then some!

After 14 years in practice I started to feel a bit restless. Here were a few of my observations:

1. My patients would complete my chiropractic recommendations and still report a serious illness. Obviously, something other than chiropractic was going on.
2. I wanted to get into nutrition but I didn't want it to be a "one size fits all" approach.
3. I didn't want to use nutrition to treat symptoms. To me, the approach of treating symptoms is already failing our society and I didn't want to duplicate those results.

As luck would have it, I became seriously ill. I stumbled upon, or God led me to, a system of analysis and clinical protocol that determines the underlying cause of illness from a nutritional perspective. My path has morphed into what I call Clinical Nutrition.

What is the most satisfying part of your work life?

The most satisfying part of my professional life is to have the knowledge to find and fix the underlying cause of illness. In turn, this allows my patients to no longer have a need for drugs. It gives them their life back. This is a blessing unlike anything else.

I notice you teach, and give talks. What, specifically, do you most enjoy teaching other people about, with respect to their health and well-being?

I like to teach information about health care that is not typically presented in the mainstream model. This would certainly include chiropractic and clinical nutrition. The topics that are most near and dear to my heart are "Women's Health" (getting out of hormone hell), and "Vaccination: An Informed Choice".

What's a bad day for you, as a chiropractor and naturopath, professionally speaking?

Oh, that's an easy one: Insurance! Grrrrrr. If I ran my business the way most insurance companies run their businesses, I feel confident in saying I would not have a business to run. I owe a huge amount of gratitude to Brooke for doing such a fantastic job of with our insurance department.

Is there such a thing as too many chiropractic adjustments? Do some clients overdo it?

No, I do not feel there is such a thing as too many adjustments. This statement is based on the assumption that the Chiropractor delivering the adjustment has a clinical protocol for subluxation detection and correction. If an adjustment is needed, than an adjustment is delivered. If an adjustment is not needed, than an adjustment is not delivered.

What teacher or mentor has had the greatest impact on you?

Good God, that question warrants an interview all to its own! OK, I will attempt to narrow it down to my top 6…

1. Me. I hope that doesn't sound arrogant, but ultimately, it's true. This, of course, includes God, who resides within.
2. My Dad. He was, and still is, my greatest hero.
3. My Mom. She is so strong in so many ways.
4. My Aunt Joanne. She is my living Mother Theresa.
5. Dr. Donald Epstein. He was the first to introduce me to body, mind, spirit, Chiropractic, health, healing, energy, life, love and so much more from a clinical perspective.
6. "My Girls". Ask any woman and I am sure she will agree. There is nothing like girlfriends. They have seen me through it all.

Will you take a spring vacation?

I just returned from spring holiday. I spent a perfect week in a cute little beach community on the panhandle of Florida called SeaSide. (It is where *The Truman Show* was filmed). I read two great books (*The Shack* and *Three Cups of Tea*), slept in later than I care to mention, exercised daily and ate lots of fresh seafood. It was sunny and 78 every day! This is my perfect way to fill up the gas tank!

Where would you love to travel to, that you haven't been to?

So many places, so little time! OK, top 3…

1. Alaska. Specifically, Kodiak Island.
2. Camping in places too numerous to mention. Anywhere that is off the beaten path is my ideal.
3. Spain.

What's your idea of a pleasurable summertime Saturday in Michigan?

Bike (the peddling kind, not the motor kind…) into Ann Arbor (I live on Ford Lake). Stop by Angelo's for brunch. (They have the BEST Eggs Benedict…) Head over to the Ann Arbor Farmer's Market. Wind through the old neighborhoods to admire the beautiful architecture and charming gardens. Head home to cook said purchases from the Farmer's Market. Enjoy dinner with friends, a great bottle of red and a beautiful sunset over the lake. This is a perfect ending to a perfect day.

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Dr. Andréa Brisson's website is at: www.andreabrisson.com

The Crazy Wisdom Calendar

Herbs, Plants, & the Garden

Creating Homes for Native Pollinators with Matt Demmon • June 27, 11 a.m.-1 p.m. • Learn how to create habitats for native pollinators and beneficial insects. We'll discuss the needs of some of these insects, look at several styles of home, and you'll go home with a woodblock bee home. $25. Call 255-2783; mdemmon@gmail.com.

Herbal Salve Workshop with Caryn Simon • Session 1: July 11 and 25; Session 2: Aug. 8 and 22; 2 p.m. • Come make your own calendula salve with us at Little House Farm. Pick a jar full of "indian prince" calendula at your first class and return later to transform it into a lovely salve. All supplies provided, including organic olive oil and local beeswax. Sessions limited to eight students. All ages welcome. $35. Call 646-1351; adah_rose@hotmail.com.

Making Plant Medicines with Gaia School of Herbal Studies • May 17, 10 a.m.-4:30 p.m.; June 27, 9:30 a.m.-4:30 p.m. • We unravel the mysteries of plant medicine through hands-on, practical, step by step skills of plant harvest, medicine making methods, and special techniques. Take home what you make each day. $95 each workshop. Call 769-7794; www.gaiaherbalstudies.net.

Medicinal Herbalist Certification Program with Gaia School of Herbal Studies Faculty • May 1, 2, 3, 30, 31, June 20, 21, July 18, 19, Aug. 8, 9 • Core program of weekend intensives, one per month, with projects and assignments to complete in the field of medicinal herbal studies. $1,875. Call 769-7794; www.gaiaherbalstudies.net.

Herbs and Pain with Linda Diane Feldt sponsored by People's Food Co-op • May 28, 7-8:30 p.m. at Crazy Wisdom Community Room • Come discover how herbs can relieve pain from ailments such as headaches, and learn about non-conventional approaches to pain. Covering safety, herbal interaction with conventional drugs, and ideas for acute and chronic pain, triggers, and more. Free. Call Kevin Sharp at 994-4589; www.peoplesfood.coop.

There is a Free Lunch! with Linda Diane Feldt sponsored by People's Food Co-op • June 25, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn about the world of nourishing herbs and wild foods that are right outside our doors. We'll cover how to find, identify, and prepare these wild plants. Free. Call Kevin Sharp at 994-4589; www.peoplesfood.coop.

Gardening Weekend with Edwin McLeod at Song of the Morning • May 29-31 • Together, we'll plant the Ranch garden and study the fundamentals of organic gardening. $50 suggested donation. Call Matt at 989-983-4107; www.goldenlotus.org.

Holistic Health

Basic Principles of Living Naturally with John Fielder sponsored by People's Food Co-op • May 6, 7-8:30 p.m. at Crazy Wisdom Community Room • Dr. Fielder explains why we need to change some of the things we are doing if we wish to be healthy, or regain our health if we have lost it, with simple, natural methods. Free. Call Kevin Sharp at 994-4589; www.peoplesfood.coop.

Natural Spiritual Healing Diploma Course with Self Realization Meditation Healing Centre • May 11-23 • Help yourself and others towards wholeness of mind, body, and spirit with this comprehensive, professional program, weeks one and two of five. Lodging and home cooked meals available. $990 includes home-cooked lunches and refreshments. Call 517-641-6201; www.selfrealizationcentremichigan.org for syllabus.

The Accelerated Healer Development Program with Eve Wilson • Begins in early June and meets alternate weeks on a weeknight, 7-10 p.m., for 28 classes • Learn to heal present and past life body, emotions, mind and spirit, DNA and hereditary issues, planetary and societal healing, auras, chakras, children, pets, protection, and Qabalah work with unconditionally loving archangels, surgeons, and ascended masters. $2,900 pay as you go includes five private healings or $2,750 in advance. Call 248-545-3928; evew@spiritualhealers.com.

Spa Day! with Body Mind Spirit Wellness Center Practitioners and Healers • May 24, June 14, July 19, Aug. 23; 2-5 p.m. • Come enjoy mini-treatments of relaxing massage, acupuncture, aromatherapy, essential oils, herbal teas, nutrition assessments, and more! $5 admission. Call Adam Kripke at 474-1608; www.bmswc.com.

EMF Hazards and Remediation for Cell Phones and Other Devices with Ray Golden • May 20, 7-9 p.m. • Electrical and magnetic fields are all around us - cell phones, computers, electronics, appliances - and they affect not only our physical health but our personal energy field or aura at many levels. Learn more about the various sources of EMFs and how to counteract or remediate them. The class includes individual testing of your sensitivity to your cell phone or laptop, and a remediation device for your cell phone. $20. Call 663-9724; www.rayogoldenreiki.com.

Hypnosis

Self-Hypnosis Seminar with Kathy Braun • June 6, 11 a.m.-1 p.m. at Crazy Wisdom Community Room • This seminar will cover how to create a state of hypnosis in yourself, how to construct effective hypnotic suggestions, guidelines to follow for effective results, and demonstrations. $50. Call Ann Arbor Hypnotherapy at 760-710-1804; www.annarborhypnotherapy.com.

Hypnosis for Weight Loss Seminar with Kathy Braun • June 13, 11 a.m.-1 p.m. at Crazy Wisdom Community Room • This seminar will cover self-hypnosis techniques, specific hypnotic suggestions for effective weight management, important guidelines to follow, and an introduction to energy point tapping to eliminate cravings. $50. Call 760-710-1804; www.annarborhypnotherapy.com.

Hypnosis for Performers and Speakers Seminar with Kathy Braun • June 20, 11 a.m.-1 p.m. at Crazy Wisdom Community Room • For actors, musicians, presenters, speakers, and anyone else who has to perform in front of a group of people. It will cover hypnosis and energy point tapping techniques to effectively eliminate stage fright and nervousness, learn material quickly, and bring out inspired performance. $50. Call 760-710-1804; www.annarborhypnotherapy.com.

Infant Massage

Infant and Baby Massage Classes with Ann Zalek • Three or Four Mondays with morning and early afternoon times • Parents/caregivers enjoy learning to massage their babies ages two weeks to 12 months. Massage stroke sequences for each body area (legs and feet, stomach, etc.) are introduced gradually throughout the three- or four-session course. Ample time is provided to review strokes at each class. A gas/colic routine and gentle movements are included. Massage is done at the pace the babies are willing to accept. $80 per family. For complete information on dates and times, call 332-3800; www.theracaremassagetherapy.com.

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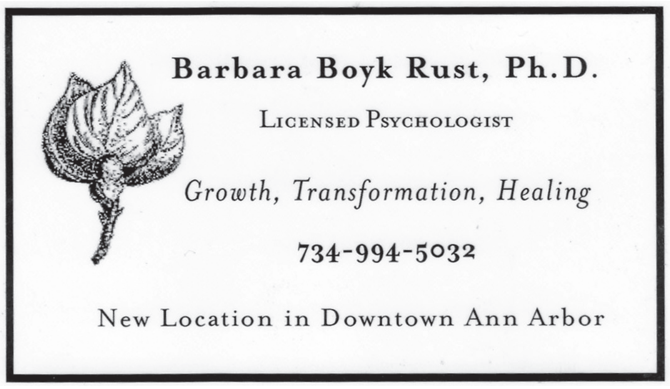
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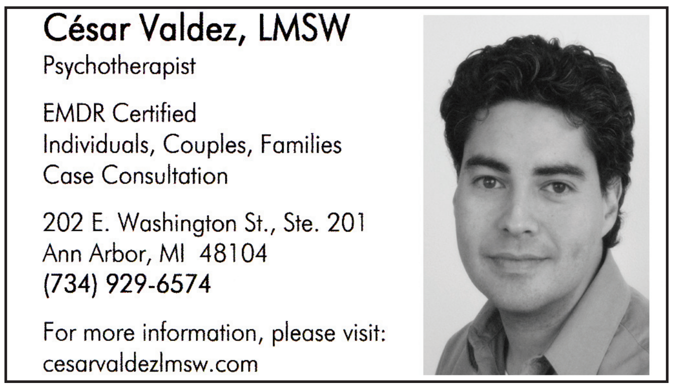
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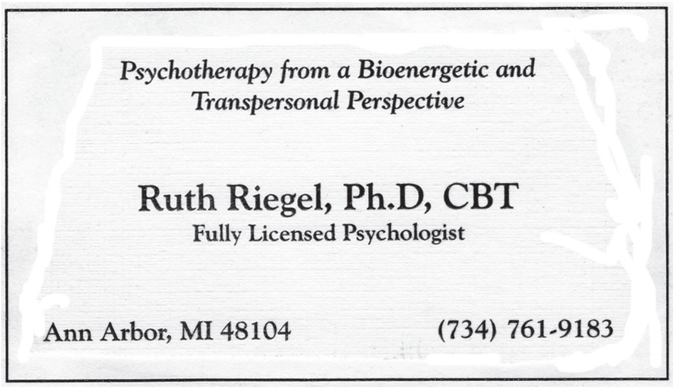
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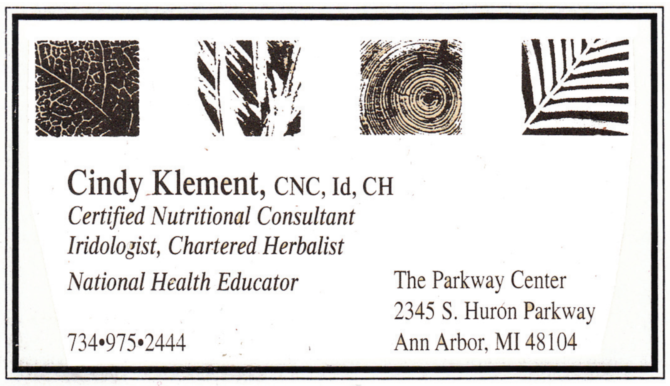
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The Crazy Wisdom Calendar

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Fridays, 7-10 p.m. • $1 per minute. No appointment necessary. Call 417-8317; mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psyhic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Sundays of each month, 11 a.m.-2 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot to Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing, and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). $1 per minute. No appointment necessary. Call 717-8513.

Creating Awareness: Foundations in Psychic Development with Donna Davison and Tiffany Mazurek • June 27, 9 a.m.-6 p.m. or Aug. 22, 9 a.m.-6 p.m. • We each have a bubble of spiritual energy within and around our bodies called the aura. This class hones our own perceptive skills as we learn easy yet powerful techniques for sensing, clearing, and repairing our chakras and aura. This clearing allows our energy to flow, easily releasing emotional, physical, and/or mental disturbances. This is a basic class in John Friedlander's system and is a prerequisite for all other classes he teaches. $150. Call Donna at 218-0249; ddavison0249@charter.net or Tiffany at 709-2096; tiffany@sacred-healing.com.

Developing Your Intuition with Karlta Zarley • July 9, 16, 23, 30; 9 a.m.-12:30 p.m. • This four-class series will explore the many issues around receiving, using, and trusting intuition and provides ample time for practice. $50 per class or $190 prepaid for all. Call 433-9333.

Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • May 19, 26, June 2, 16, 23, 30; 7-9 p.m. • We each have a bubble of spiritual energy surrounding us called the aura. Using our own perceptive skills, we learn two easy yet powerful techniques from which the other Foundation classes build upon. These techniques help us find our psychic energy, clear blockages, and repair our chakras and aura. $25 for each class session. Call 677-2761; violetaviviano@ameritech.net.

Foundations in Psychic Development II: Space, Seniority, Neutrality, and Spiritual Fuel with John Friedlander • June 13-14; Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • We will develop a deep understanding of how we use space to create our reality, and a deepening understanding of how to create that reality using our own natural spiritual fuel. We will engage in psychic explorations that familiarize us with our space and how we subdivide it through resistance, and become familiar with just what seniority, neutrality, and own our spiritual fuel are. $225. Call 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development: Levels I-II Practice Sessions with John Friedlander • May 12, June 9, July 7, Aug. 11; 7-9 p.m. • Open to all students who have finished Level I or II. Class begins with a clearing meditation. John Friedlander continues to bring new insights and deepening awareness to the development of the basic skills learned in the foundation classes. $10 or $12.50. Call 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • We will explore the psychic anatomy of clairvoyance (seeing auras), how to activate and empower this perception, and several ways to use this ability in making decisions, in healing oneself and others. We will move to actually do comprehensive, systematic psychic readings in partnership with fellow students. $250. For dates, call 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development: Level III Reading Practice Sessions with Violeta Viviano • May 27, June 24, July 22, Aug. 26; 7-9 p.m. • Open to all students who have finished Level III. We continue to deepen our perceptive skills and clairvoyance by reading our own aura and that of others, which helps us clear our own space. Class begins with a clearing meditation. $10 for each class session. Call 677-2761; violetaviviano@ameritech.net.

Foundations in Psychic Development: Etheric Plane I with John Friedlander • Aug. 22-23, Saturday 9 a.m.-6 p.m. and Sunday 9 a.m.-3 p.m. • This series of classes explores the development of etheric clairvoyance and healing skills for the etheric plane. These skills are particularly important for physical healing and spiritual development. $250. Call 429-6008 before 9 p.m.

Artwork by Terri Myers

Advanced Intensive with John Friedlander • May 1-3; Friday 7-9 p.m., Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • Twice a year, John Friedlander channels an advanced intensive. He never knows exactly what a particular seminar will cover in detail until it is channeled, but this seminar is expected to focus on physical healing using different systems' orientations on the aura. Different systems perceive the aura differently, and each of those perspectives has strengths and limitations. Understanding the subtle differences between systems makes one's use of any particular system more powerful and effective. $250. Call 998-0340; rose_m_48105@yahoo.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing with Ray Golden • May 2-3, 10 a.m.-5 p.m. • Learn simple, powerful techniques to begin to perceive, ground, and heal your psychic and emotional space, auras, and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others' energies out of your field, which can be particularly valuable when you are dealing with negative or draining energies in work and personal life. $189 with discounts available. Call 663-9724; www.rayogoldenreiki.com.

Intuitive Awareness 2: Deepening Awareness and Skills with Ray Golden • July 18-19, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do personal healing, and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healing work. $199 with discounts available. Call 663-9724; www.rayogoldenreiki.com.

Intuitive Awareness 3: Putting It All Together with Ray Golden • Saturday and Sunday, 10 a.m.-5 p.m. • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. $199 with discounts available. For dates, call 663-9724; www.rayogoldenreiki.com.

Jain Teachings

Weekend Seminar with Gurudev Shree Chitrabhanuji • May 23-24 or Aug. 8-9, 10 a.m.-Noon • Gurudev Shree Chitrabhanuji is a Jain Master who brings to the West the 5,000 year old Jain teachings of Ahimsa (non-violence), reverence for life, and relativity of thinking. Through these teachings, he gives practical guidelines for daily life and self realization. Lecture and private consultations each day. Loving donation. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Massage

Massage Therapy Program Informational Orientation with Sara Martens at the Ann Arbor Institute of Massage Therapy • May 8, June 11, July 10, July 21; 10-11:30 a.m.; May 20, 5:30-7 p.m.; June 30 or Aug. 19, 6-7:30 p.m.; Aug. 7, 2-3:30 p.m. • Are you interested in a massage therapy career but don't know where to start? Are you confused by all the different massage programs out there? Do you have questions about the AAIMT and what we have to offer? Come and join our informal orientation to have your questions answered. Free. Call 677-4430; fax 677-4520; info@aaimt.edu.

Therapy Stones with Christy Zarek at the Ann Arbor Institute of Massage Therapy • May 2-3, 9 a.m.-5:30 p.m. • Learn how to work creatively and effectively with hot and cold stones while offering an extremely popular service to your clients. Expand your knowledge with a different type of deep tissue therapy and work with alternating temperatures as a tool. Students will also learn to clean and care for their stones. Stones (hot and cold) and warming equipment will be needed at an additional cost. $330 or $295 AAIMT graduate. 15 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Sports Massage II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • May 8-10, 9 a.m.-5 p.m. • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques include the physiology of the injury and repair process, pre- and post-event work, maintenance work, and injury assessment and treatment. $350 or $315 AAIMT graduate. 14 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Pathology with Christia West at the Ann Arbor Institute of Massage Therapy • May 16, 9 a.m.-5 p.m. • Massage therapists are ethically responsible for recognizing clients' deviations from ideal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can build as they begin to practice. $150 or $135 AAIMT graduate. 7 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Intro to Thai Massage with Jennifer Giacomelli at the Ann Arbor Institute of Massage Therapy • Intro: May 27, 9 a.m.-12:30 p.m. or 6-9:30 p.m.; Workshop: May 29-31, 9 a.m.-5 p.m. • Thai Massage is an ancient healing system that has been practiced for more than 1,000 years, beginning with Buddhist monks in temples. It is a combination of Ayurveda, Yoga, Buddhism, and Thai healing techniques called "ancient healing touch". This style of massage greatly affects muscle flexibility utilizing stretching movements and pressure on energy points. This workshop is open to the public. $445 or $400 AAIMT graduate. 24.5 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Sports Massage I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • June 20-21, 9 a.m.-5 p.m. • Sports Massage is a rapidly emerging specialty within the massage therapy field. A combination of specialized techniques is used to prevent sports injuries, boost athletic endurance and performance, and accelerate recovery from injury or fatigue. The principles and techniques include the physiology of the injury and repair process, pre- and post-event work, maintenance work, and injury assessment and treatment. $250 or $225 AAIMT graduate. 14 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy I with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • June 26-28, 9 a.m.-5 p.m. • This workshop begins with an examination of the theory and history behind neuromuscular therapy. Back, neck, and posterior hip are the areas of focus for this workshop. $350 or $315 AAIMT graduate. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy II with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • July 10-12, 9 a.m.-5 p.m. • Neuromuscular Therapy is used for the freeing and relief of chronically tense, contracted, and painful tissues. It is an advanced form of massage therapy, which requires a high degree of anatomical precision, specificity, and skilled palpation. Neuromuscular Therapy provides complete and effective relief from chronic pain and tension. Shoulder, arm, hand, lower leg, and foot are the areas of focus for this workshop. $350 or $315 AAIMT graduate. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • July 24-26, 9 a.m.-5 p.m. • Abdomen, head, TMJ, and medial and anterior thigh are the areas of focus for this workshop. $350 or $315 AAIMT graduate. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Foundations of Shiatsu: Technique and Theory with Craig Parian at the Ann Arbor Institute of Massage Therapy • July 18-19, 9 a.m.-5 p.m. • This introductory course of the Japanese healing art, Shiatsu, is a system for healing and health maintenance. Originating in 2500 BC, it is still widely practiced today. The student will learn basic oriental philosophy, meditation guidelines, location of meridians, as well as some basic acupressure that can be integrated into other massage work. This workshop is open to the public. No prior massage experience necessary. $350 or $315 AAIMT graduate. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Quantum Touch with Cathleen Francois and Julie Lemond at the Ann Arbor Institute of Massage Therapy • Aug. 1-2, 9 a.m.-5 p.m. • Quantum Touch is rooted in energy work and helps burn victims, cancer patients, the elderly, infants, and more. This work can be combined with any modality and will transform your practice. Quantum Touch provides healing bioenergy for the practitioner as well as for the person seeking great health. This workshop is open to the public. $345 or $295 AAIMT graduate. 14 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Anatomy and Palpation Skills with Christia West at the Ann Arbor Institute of Massage Therapy • Aug. 7-9, 9 a.m.-5 p.m. • This workshop will expand the student's ability to palpate body landmarks, muscles, and structures. Emphasis is on anatomy, body mechanics, exercises for increasing sensory awareness, and self care. Experiential techniques are used to help distinguish muscles, bones, and various other structures. $350 or $315 AAIMT graduate. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Myofascial Therapy I with Christia West at the Ann Arbor Institute of Massage Therapy • Aug 28-30, 9 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage that addresses postural distortions and chronic myofascial patterns of strain. In this workshop, we are treating the core muscles. We will learn to correct dysfunction due to muscular imbalances in the core area. $350 or $315 AAIMT graduate. 21 CE credits. Call 677-4430; fax 677-4520; info@aaimt.edu.

Bellanina's Facelift Masssage Seminar with Sheila Kern • May 1-3 or July 24-26, 9 a.m.-5 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. 24 CEUs. $515 for three-day seminar and starter treatment kit or $830 for seminar and professional treatment kit. Call 800-235-2844 or 747-7661; operations@bellanina.com.

Bellanina Spa Services: Two-Day Hands-On Seminar with Nina Howard or Staff • June 6-7, 9 a.m.-5 p.m. • Turn your treatment room into a spa with these services. 16 CEUs. $415 covers all products and class materials. Call 800-235-2844 or 747-7661; operations@bellanina.com.

Meditation

Meditation and Markers for Ages 7 and Up with Jennifer Flowers • May 7, June 4, July 2; 6:30-7:30 p.m. • Now is the time to give your children a gift they will forever cherish! We will be using guided imagery to relax our minds, allow creative energy to flow, and improve thought patterns. Following the meditation, the children may either journal or draw. $12. Each additional family member $6. Call 734-416-5200; info@bodyworkshealingcenter.com.

24-Hour Peace Generator: Silent Meditation/Prayer Circle with Interfaith Center for Spiritual Growth • May 15 at 6 p.m.-May 16 at 6 p.m. • Join in silent prayer or focused meditation toward peace, understanding, cooperation, and joy for your family, the world, and for yourself. Sign up for a time slot or just drop in anytime during the 24-hour period to keep a continuous intention of inner and outer peace. Refreshments provided. Donations accepted. Call Craig Harvey at 971-8576; www.interfaithspirit.org.

Peace Generator: Silent Meditation/Prayer Circle with Interfaith Center for Spiritual Growth • June 19, July 17, Aug. 21; 7-9 p.m. • All are invited to join this monthly silent meditation/prayer circle for inner and outer healing, love, harmony, and peace. Participants can envision a happier, more peaceful world, meditate on a worldwide healing vision, dream up nonviolent solutions to violence, do Reiki or other energy healing work or hold our planet in the light. Donations accepted. Call Craig Harvey at 971-8576; www.interfaithspirit.org.

Wednesday Evening Meditation Service with Annie Kopko of Interfaith Center for Spiritual Growth • Second and Fourth Wednesdays of each month, 7-8 p.m. • Rev. Annie Kopko leads a brief service including a spiritual reading, sharing, silent meditation, and music. All welcome. Donations accepted. Call Craig Harvey at 971-8576; www.interfaithspirit.org.

Shaping Sound Silent Walk Under the Full Moon with Jody Tull • June 7, July 7, Aug. 6; 6:30 p.m. • A walking meditation though Bird Hills Park and along the Huron River under the magic of a full moon. Free. Call 213-0435; info@shapingsound.com.

Sunday Healing Circle with Glenn Pailthorp • May 3, June 7, July 5, Aug. 2; 2-4:30 p.m. at Crazy Wisdom Community Room • Join us on the first Sunday of every month to enjoy guided meditations and exercises for developing our healing abilities. Although we will enjoy many self transformation methods, we will always spend time doing distance healing and clearing of our own auras. Everyone will have an opportunity to receive a healing from advanced students. $10. Call 417-8682; www.pailthorp.com.

Welcome back, Jonathan!

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The Crazy Wisdom Calendar

Meditation (continued)

Meditations and Self Hypnosis for Weight Loss with Glenn Pailthorp • May 31, June 14, July 12, Aug. 9; 2-4 p.m. • Learn self hypnosis and enjoy guided meditations to get as healthy as possible. The emphasis of these healing techniques is not so much to lose weight but to build a healthier lifestyle. $10. Call 417-8682; www.pailthorp.com.

Sahaja Meditation with Various Sahaja Presenters • Thursdays, 5:30-6:30 p.m. at Crazy Wisdom Community Room • Experiential meditation classes in the Sahaja tradition, including kundalini awakening, chakra cleansing, and channel balancing. Free. No meeting during Art Fair week. Call 877-808-3334; info@michiganyoga.org.

Grace Light Meditation with Linda Peck • First Sunday of each month, 4 p.m. and Second Saturday of each month, 10 a.m. • This is a beautiful meditation given by Sri Dattatreya Siva Baba and it initiates the participant into the Nine Gates of the Divine Light of God. This meditation is facilitated by a set of dvds. Free. Call 663-6151; lindapeck@sbcglobal.net.

Oneness Blessing with Lee Schaberg • Wednesdays and Fridays, 7-8:30 p.m. • Each event will begin with meditation followed by the Oneness Blessing, a non-denominational experience that transfers divine energy to awaken our connection with the oneness of everything. Love offering. Call 358-5529; lee.k.s@comcast.net.

Women's Circle Meditation with Kathi Finney • May 21, June 18, July 23, Aug. 20; 6:30-8 p.m. • Come and join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your own inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Standing Meditation with Dan Hoffman • Every Wednesday beginning in May, 7-8 p.m. • By working with our physical patterns in the body through the Chinese qigong (energetic practice) of Zhan Zhuang (Standing Meditation), we can change our mental and emotional patterns as well. You can become more relaxed, balanced, and structured in your life by working with this simple meditation technique. $15. Call 734-416-5200; info@bodyworkshealingcenter.com.

Relaxation, Meditation, and Self-Discovery with Lorna Brown through Gateways Center for Life Enrichment • June 2, 9, 23, 30; 7-9:30 p.m. • Learn to tune into yourself and tap your inner resources as we release stress and tension through complete physical relaxation and practice various forms of meditation for self-discovery and integration. $40. Call 428-8748; starlab6@aol.com.

Meditation Foundation Class with Self Realization Meditation Healing Centre • May 2, June 5, Aug. 7; 3-5 p.m. • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, meditation foundation training, which includes the meditative peace breath, helps you be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. Stay the night before or after and make it a retreat! $40 includes refreshments. Call 517-641-6201; www.selfrealizationcentremichigan.org.

Pure Meditation Course including Raja~Kriya Yoga with Self Realization Meditation Healing Centre • July 19-25, 9:45 a.m.-5 p.m. • Find the peace that passes all understanding with pure meditation. Includes tools to relax, focus, and regain mastery of your mind to ease away the layers of ego, revealing your true self, lasting joy, and so much more! $495 with home-cooked vegetarian lunches and refreshments or $765 including lodging. Call 517-641-6201; www.selfrealizationcentremichigan.org.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116; symcannarbor@gmail.com.

Meditation Technique and Practice with Kim Johnson and Sun Moon Yoga Certified Teachers • Saturdays, 1:45-2:45 p.m. • Meditation gives us a sense of calm and well being. Learn techniques that help make meditation easy, including a few postures to comfort the body and multiple techniques such as breath, mantra, walking meditations, and others to bring us to a state of ease. $13 drop-in with reduced rates with registration or package purchase. Call 929-0274; sondra@annarboryoga.com.

Introduction to Insight Meditation: A Half-Day Workshop with Deep Spring Center Teachers • May 16 with Ann Barden or July 11 with Susan Weir and Lisa Zucker; 9 a.m.-Noon • An introduction to insight meditation (vipassana). No experience necessary. This program provides an excellent opportunity to find out what the practice is all about and experience it firsthand. The workshop is oriented to beginners and also recommended for meditators who would like a refresher in practice fundamentals. $20 per session building fee with opportunity to offer dana for the teacher. Call 477-5848; info@deepspring.org.

Beginning Insight Meditation: The Practice of Happiness with Peg Tappe and David Lawson of Deep Spring Center • Wednesdays, May 6-June 10; 7-9 p.m. • Insight meditation is an ancient and profound practice of moment-to-moment awareness of mind/body processes as a path to freedom. As we begin to free ourselves from habitual patterns that have caused our suffering, we start to experience the open, radiant heart that has always been with us but may have gone unnoticed. $59 paid to Ann Arbor Rec and Ed ($69 non-residents). Call 477-5848; info@deepspring.org.

Insight Meditation: Spirituality in Everyday Life with Erica Dutton and Mary Grannan of Deep Spring Center • Saturdays, June 27-Aug. 1; 10 a.m.-Noon • How can we express more of our inner spirituality in our outer life? Along with deepening our meditation skills, this class is designed to bring our practice of meditation into more meaningful and practical daily expression - increasing mindful awareness along the "path of freedom". Everyone with some experience with insight meditation is welcome. $49 paid to Ann Arbor Rec and Ed ($59 non-residents). Call 477-5848; info@deepspring.org.

Insight Meditation and the Practice of Happiness with David Lawson, Frank Levey, and Erica Dutton of Deep Spring Center • Thursdays, July 19-Aug. 27; 7-9 p.m. • Insight meditation is an ancient and profound practice of moment-to-moment awareness of mind/body processes as a path to freedom. As we begin to free ourselves from habitual patterns that have caused our suffering, we start to experience the open, radiant heart that has always been with us but may have gone unnoticed. We will also work with a powerful support practice that enhances the heart's receptivity and intuitive connectedness with others. $79 paid to Ann Arbor Rec and Ed ($95 non-residents). Call 477-5848; info@deepspring.org.

Meditation and the Open Heart: A Residential Retreat with Barbara Brodsky, John Orr, Dorothy Ann Coyne, and Aaron of Deep Spring Center • June 19-26 or June 19-22 • Along with vipassana (insight meditation), we will work with the practices of lovingkindness, compassion, sympathetic joy, and equanimity. The retreat will be held in noble silence, with instructions for beginning and advanced meditators, evening talks, and optional group meetings and private interviews with the teachers. Mindfulness through the day will be the intention. $390 ($450 private room) for full week or $230 ($255 private room) for three day/four night option. Call Mary Gliedt at 369-2628; www.deepspring.org.

Meditation: Day of Peace with Carol Blotter of Deep Spring Center • May 3, June 14, July 26; 9 a.m.-4:30 p.m. at Michigan Friends Center • One-day retreats are a great opportunity to enjoy deep meditation and to experience support for our practice. The day includes brief meditation instructions (vipassana or insight meditation), sitting and walking meditation, a dharma talk, and optional private interviews with a teacher. $30 suggested donation as a fundraiser for the Michigan Friends Center and Deep Spring Center, but any amount is appreciated. Call 475-0942; info@deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Sundays, 10-11:30 a.m. • Sunday morning sitting (insight meditation) from 10-11 a.m., followed by a half-hour of mindful sharing. No registration needed. Donations to Deep Spring gratefully accepted. Call 477-5848; info@deepspring.org.

Tuesday Morning Group Meditation with Bilha Rivlin of Deep Spring Center • Tuesdays, 6:30-7:15 a.m. • Sitting meditation to start the day! Please enter and depart in silence. Instruction is not provided. No registration needed. Donations to Deep Spring gratefully accepted. Call 477-5848; info@deepspring.org.

Mastering Meditation with Kapila Castoldi of Sri Chinmoy Centre • June 2, 9, 16; 7-9 p.m. • Introductory meditation series that explores various techniques for entering the meditative state, including exercises in concentration, breathing, chanting, and visualization. The class will also touch on basic concepts of Indian philosophy and the role of the spiritual teacher. Free. Call 994-7114; www.srichinmoy.org.

Introductory Guided Meditation with Ema Stefanova • Sundays 6:15-7:15 p.m., Tuesdays Noon-1 p.m., Wednesdays 8:15-9:15 a.m. • This experiential guided meditation class, readings, and discussion will help you know your deeper mind where all pettiness and conflict cease. Happiness will come of itself. Contentment will translate into better health. You will find peace that will transcend all types of peace experienced before. $150 for ten weeks. Call 665-7801; www.YogaAndMeditation.com.

Pranayama: Meditative Breathing with Ema Stefanova • Wednesdays, 8-9 a.m. • Learn classical, fast paced, and aerobic short posture sequences followed by breathing techniques performed mostly from sitting. Not for students with health problems. $68 for four weeks or $150 for ten weeks. Call 665-7801; www.YogaAndMeditation.com.

Meditation and the Mystics with Rev. Lela Iduna • Mondays, 7:30-8:30 p.m. • Time will be spent learning skills to concentrate and relax so a connection can be made inside through quieting the mind and settling the body. Anyone at any level is welcome to attend. This will not be a Christian-based group. Free. Call 517-898-2303; www.centersoflight.org.

Introduction to Meditation and Christian Mysticism with Rev. Lela Iduna • Wednesdays, 7:30-9 p.m. • This is a powerful six-week introductory course designed for modern mystics. Classes will include teachings on meditation, soul, light, prayer, and blessing. Time will be spent teaching the principles of meditation that will allow you to move into the reality of God's peace and presence within. Free. Call 517-898-2303; www.centersoflight.org.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available. Love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Intensive Meditation with Lighthouse Center • First and Third Friday of each month, 7-10 p.m. • Mantra meditation, 20 minutes on each of the seven chakras. Love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Learn to Meditate with Nirmala Nancy Hanke of Lighthouse Center • May 29, June 26, July 31, Aug. 28 • Introduction to mantra meditation in the Jain tradition with meditation and empowerment. $35. For times, call Prachi at 734-449-4381; thielp17@yahoo.com.

Introduction to Meditation with Cristo Bowers • Thursdays, 7-8 p.m. • Meditation class will consist of discussion and practicum. It is open to all, both beginners and advanced. Free. Call Body Mind Spirit Wellness Center at 945-8602; www.bmswc.com.

Movement & Dance

Authentic Movement Introductory Workshop with Moving Stories • May 16, 1-6 p.m. • By entering into this movement exploration, we become more curious, sensitive, and connected to our bodies. As witnesses to each other, we give our full attention, creating a safe, respectful, and non-judgmental space for creativity, contemplation, and personal insight. $45-$60 sliding scale. Contact Stefanie Cohen at stefanieco@hotmail.com.

West African Dance with Dori Edwards • Thursdays, 5:30-7 p.m. at Wild Swan Studio • This class brings the joy and fitness of West African dance to town and includes live drummers. Open to beginners and intermediates with drop-ins welcome. $15 per class. Call 320-2763; ravenrhythms@hotmail.com.

Introduction to Continuum Movement with Robin Becker • June 12, 6:30-9:30 p.m. at Michigan Friends Center • Learn about Emilie Conrad's groundbreaking movement work leading us into ourselves and our relationship to the world. Continuum Movement is safe for all mobility levels and offers a process in which to explore the message of sensation through the resonance of fluid systems in the body. NCBTMB credit available. $40 or $30 paid by June 1. Call Elaine Economou at 255-9110; michigancontinuum@gmail.com.

Living Deeply: Continuum Movement with Robin Becker • June 13, 6:30-9:30 p.m. and June 14, 10 a.m.-5 p.m. at Michigan Friends Center • Experience a rich exploration into your own presence through Continuum Movement. Through the sensations of the body, we experience life and the roots of compassion and empathy. When we lose relationship with our bodies, our engagement and relationship with the larger world is diminished. Continuum Movement is safe for all mobility levels and offers a process in which to explore the message of sensation through the resonance of fluid systems in the body. NCBTMB credit available. $250 or $225 paid by June 1. Call Elaine Economou at 255-9110; michigancontinuum@gmail.com.

Dance Classes presented at the Mind, Body, Spirit Academe:
Ballroom Dance with Jason Smith • Sundays, 6:15-7:15 p.m. • For cost, call 740-5384; jibasibon@gmail.com.
Bollyfit with Anuja Rejandra • Mondays and Thursdays, 7:15-8:15 p.m. • For cost, call 657-6680; anuja@bollyfit.com
Contact Improvisation with Andy Seiler • Sundays, 1-3:30 p.m. • For cost, call 604-4416; drandy@umich.edu.
Level 2 Salsa Dance Lessons with Dance Revolution • Wednesdays, 7-9 p.m. • $8 or $7 students. Call Laura Geldys at 945-8428; www.dancerevolution.biz/schedule.htm.
Serious about Salsa with Natasha Richardson • Saturdays, 11:30 a.m.-12:30 p.m. • $12 drop-in or 5 classes for $50. Call 239-3174; natashasdance@gmail.com.
Serious about Salsa with Dance Revolution • First and Third Saturdays: 7-8 p.m. Level 1, 8-9 p.m. Level 3, 9 p.m.-1 a.m. Salsa Dance Party • $8 or $7 students. Call Laura at 945-8428; iinfo@dancerevolution.biz.
Salsa Level 4 with Dance Revolution • Wednesdays, 7-9 p.m. • $8 or $7 students. Call Laura at 945-8428; iinfo@dancerevolution.biz.
Friday Night Swing with Ann Arbor Swing Dance Association • Fridays, 7 p.m.-Midnight • $5 or $3 students. Call Scott Rice at 972-9141; scott.a.rice@gmail.com.
Tango/Swing Group Dance with Natalia Vail • Saturdays, 5-6 p.m. • $10 each or $80 for package of ten. Call 478-2233; natalia.vail@yahoo.com.
Waltz/Rumba Group Dance with Natalia Vail • Saturdays, 4-5 p.m. • $10 each or $80 for package of ten. Call 478-2233; natalia.vail@yahoo.com.

Barefoot Boogie at Tree of Life Cultural Arts Studio • May 8, June 12, July 10; 8-11 p.m. • Join us for our free dance party! An evening of expression and movement. Experience new music, new friends, and open minds as we mingle, move, and just have fun! Cafe Touba will be open - enjoy an organic coffee drink, smoothie, fresh juice or tea. All ages welcome! Free. Call 433-0697; www.treeoflifestudio.org.

Tribal Fusion Belly-N-Art Performance and Hafla Dance Party at Tree of Life Cultural Arts Studio • May 2, 8 p.m. • Join us for an evening of bellydance performance with the Nomadic Jewels and special guests, followed by a Hafla dance party full of shimmies and shakes for all to enjoy! Doors open at 7:30 p.m. Show starts at 8 p.m. with 9 p.m. dance party. $10 Call 433-0697; www.treeoflifestudio.org.

Tribal Fusion Belly-N-Art Workshops with Jenabah Giacomelli and Jessica Snyder at Tree of Life Cultural Arts Studio • May 3 • Join us for a day of tribal fusion art and dance. Jenabah and Jessica will be sharing dance and technique inspired from African, Indian, and Middle Eastern origins infused with their fun and flirty dance styles, as well as tassel making and the art of tribal make-up. 10 a.m. Yoga Belly, 11 a.m. Bellyesque; Noon Indian Styling, 1 p.m. lunch break, 2 p.m. Tassels and Tribal Make-up, 3 p.m. Afro-Tribal Combos. $15 per class or $60 for the whole day. Call 433-0697; www.treeoflifestudio.org.

Dance Classes at Tree of Life Cultural Arts Studio • Spring Session: April 6-June 13 • $12 drop-in or $100 for ten-week session. For dance classes and summer camps for children, please see listings under "Children & Young Adults". Summer Session is July 6-Aug. 8. For complete descriptions of classes, call 433-0697; www.treeoflifestudio.org.
Tribal Belly Combo-ography with Jenabah Giacomelli • Thursdays, 7 p.m.
Tribal Belly 101 with Cheri Sing • Wednesdays, 7 p.m.
Tribal Belly Technique with Jessica Snyder • Tuesdays, 6 p.m.
Afro-Modern with Jenabah Giacomelli • Wednesdays, 6 p.m.
YogaBely with Jessica Snyder • Saturdays, 9 a.m.
Capoeira with Van Robinson (Manhoso) • Thursdays, 6 p.m.
African Dance with Jenabah Giacomelli • Mondays, 6 p.m.

Tree of Life Drum and Dance Showcase • June 20, 7 p.m. • Get a glimpse of the fabulous world of drum and dance! We will demonstrate what students and instructors have been working on for the past three months. Experience many genres of music and movement from all over the world, including jazz, hip hop, African, Brazilian, bellydance, and more! Free. Call 433-0697; www.treeoflifestudio.org.

Dreaming a Place: Environmental Dance with Irena Nagler • May 31, July 19, Aug. 23; 3:30 p.m. • Explore the sense of place and allow its elements to speak through us in dance, movement, poetry, and art. No experience necessary. $5-$20. Call 996-1772; birena@umich.edu.

An Afternoon of Healing through Movement and Generosity with Teachers of Feldenkrais Ann Arbor and Sun-Shen School of Internal Martial Arts • May 24, 1-6 p.m. • Teach and demonstrate the power of healing through meditation, awareness through movement, tai chi, sun-shen qi-gong, and group healing. There will be hands-on demonstrations of Feldenkrais Functional Integration and chi (energy) healing. Free classes with donations accepted. Call Sang Kim at 255-1203; joseph@dojokitchen.com.

Dance and Movement Classes at Body Mind Spirit Wellness Center • For more information, call Body Mind Spirit Wellness Center at 945-8602; www.bmswc.com.
Sunday Kickstart with Lynda Gronlund • Sundays, 10:30-11:30 a.m. • Get an energetic, full-body workout with elements from kickboxing, ballet, Pilates, boot camp, and yoga. $8 drop-in or $40 for eight classes.
Silat Traditionale with Leonardo Stoute Bapak Waleed • Mondays and Wednesdays, 7:30-9 p.m. and Saturdays, 10 a.m.-Noon • First class is free.
Capoeira with William Carvao Brown Jr. • Mondays, 7:30-8:30 p.m. • $10 drop-in with first class free.
Afro-Brazilian Dance Workshop with William Carvao Brown Jr. • May 2, June 20, July 11, Aug. 15; 2-3 p.m. • $15.
Free Dance Friday • May 8, June 19, July 17, Aug. 14; 7-8:30 p.m. • Free.

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The Crazy Wisdom Calendar

Music & Sound

Cafe 704 Coffee House Concerts at Interfaith Center for Spiritual Growth • 8-10:30 p.m. with doors opening at 7 p.m. • Come hear live music in an intimate, smoke- and alcohol-free venue with plenty of parking! Light refreshments are sold. Suggested donation $8 each concert or two for $15. Call 327-0270; www.interfaithspirit.org.
Brown Family Cabaret featuring Sari Brown, songs of Doug Brown, and Andrew Brown • May 30
Ann Arbor Kirtan featuring yogic and Sanskrit chanting • June 27
Performer to be determined • July 25
Laz and Helen Slomovits of Gemini, and Lori and Eric Fithian of Drummunity • July 25

Eric Satie Birthday Bash with Curtis Glatter • May 17, 2-4 p.m. • This event will feature an interlude of ambience with music celebrating Satie, and a menu will be provided of foods chosen from his "White Food Diet". $5. Call 925-1904.

A Celebration for Igor Stravinsky with Curtis Glatter • June 13, 7-9 p.m. • This event will feature an interlude of ambience with music celebrating Stravinsky, and a menu will be provided of foods chosen from his home country of Russia. $5. Call 925-1904.

Sunday Night Live! Concert Music Series with Spencer Michaud, Curtis Glatter, and Dan Piccolo • May 31, June 28, July 26, Aug. 30; 7-9 p.m. • Join us for an evening of acoustic music that can be both relaxing and invigorating, but always healing. Local artists will be featured exhibiting a wide range of instruments and styles. All ages welcome. $7. Call Body Mind Spirit Wellness Center at 945-8602; www.bmswc.com.

Music Therapy and Guided Imagery Relaxation with Katie Cramer • May 16, June 20, July 18, Aug. 15; 3-4 p.m. • Music therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. Free. Call 834-4026; www.bmswc.com.

Introduction to Mantra Yoga: The Science of Sound Workshop with Gary Blaze • June 27, 1:30-4 p.m. at Crazy Wisdom Community Room • You will be initiated into the powerful yoga of mantra and will learn what it is, how it works, and how to enhance your practice to bring greater clarity, stronger aura, higher inspiration, and much more. $10 suggested donation. Call Chrissie Blaze at 248-588-0290; www.aetherius-mi.org.

Natural Living

All Natural Household Cleaning Tips and Recipes with Anne Duffy at Body Mind Spirit Wellness Center • June 18, 7-8:30 p.m. • Learn what to use for cleaning that is non-toxic. Bring a clean, empty spray bottle from the dollar store to make a healthy cleaning solution. $10. Call 765-5830; theconnectingbridge@yahoo.com.

Natural Building Workshop with Deanne Bednar • May 9, Noon-5 p.m. • Tour natural buildings on the land, strawbale construction, rocket stove, and more. Hands-on experience in natural building skills. $50. For more details, call 248-628-1887; www.strawbalestudio.org.

Nature Awareness

Solutions from the Underground: Using Fungi to Help Save the World DVD Presentation at Michigan Friends Center • May 15, 7-9 p.m. • Paul Stamets Bioneers 2008 Keynote address will be shown, followed by discussion and dessert potluck. By donation. Call Maribeth Hammer at 475-1892; manager@michiganfriendscenter.org.

A Personal Relationship with Nature at Michigan Friends Center • Aug. 22, 9 a.m.-5 p.m. • Reflect on and develop your personal relationship with nature. Small group workshops on tracking and other skills alternate with group games and discussion, with personal time. Lunch provided, foraged, and cooked camp style. $50 or $35 paid by Aug. 15. Call Karen Chalmer at 475-1892; manager@michiganfriendscenter.org.

Walk with a Naturalist with Greg Kemppainen at Song of the Morning • May 24, 3-5 p.m. • On this informative hike, we'll learn how to identify trees and plants, recognize animal signs, find forest edibles, share Native American lore, and otherwise gain a deeper understanding of our Mother Earth. By donation. Call Matt at 989-983-4107; www.goldenlotus.org.

Come Back to Your Senses with Laura MacKimmie • May 31, June 7, June 14; 1-3 p.m. • Want more peace of mind, inner awareness, and a feeling of connection to the greater universe? Re-learn what our ancestors accepted as real using Native American spirituality and eco-psychology tools in this eco-coaching workshop. $45. Call 434-4440; www.juicierlife.com.

Naturopathy

Home Remedies for the Whole Family with Diana Christoff Quinn sponsored by People's Food Co-op • May 12, 7-8:30 p.m. at Crazy Wisdom Community Room • From the common cold to minor injuries, many natural remedies can be found in your kitchen. Be prepared for minor ailments with home remedies using herbs, foods, and water. Free. Call Kevin Sharp at 994-4589; www.peoplesfood.coop.

Tightening Our Belts with Diana Christoff Quinn sponsored by People's Food Co-op • June 9, 7-8:30 p.m. at Crazy Wisdom Community Room • Healthy eating can be good for the budget as well as the waistline. Join us for a discussion of economical nutritional choices that help maintain a healthy weight. Sample menus and shopping tips included. Free. Call Kevin Sharp at 994-4589; www.peoplesfood.coop.

Naturopathic First Aid Kit with Diana Christoff Quinn • May 16, 1-3 p.m. • Ready for summer? Be prepared for scrapes, cuts, bites or burns with your own natural first aid kit. Class includes tips for using homeopathic, herbal, and hydrotherapy remedies for the whole family. $20. Kits available for purchase. Call 769-4981; www.naturopathicwomenshealthcare.com.

Metabolic Balance for Women with Diana Christoff Quinn • June 11, 18, 25; 6-7 p.m. • Ready to commit to a healthier diet and lifestyle? Join us for a three-class series and individual consultation to help you set and achieve fitness goals. Nutrition, movement, stress management, and metabolic support will be included in a supportive environment for women. $150 includes series and individual consultation. Call 769-4981; www.naturopathicwomenshealthcare.com.

Tea Party with Samm Pryce • May 8, June 5, July 10, Aug. 7; 5-6 p.m. • Come have tea with Dr. Pryce and take the opportunity to ask her about naturopathy and holistic health. All welcome. Free to attend with $3 for tea. Call 730-2265; www.bmswc.com.

Health Conditions and the Blood Type Diet Lecture Series with Samm Pryce • May 25, June 22, July 13, Aug. 17; 6:15-7:30 p.m. • Dr. Pryce is offering a lecture series on the effectiveness of the Blood Type Diet in dealing with various health conditions. Topics include: allergies in May, fatigue in June, aging in July, and cancer in August. All welcome. Donations accepted. Call 730-2265; www.bmswc.com.

Nutrition & Food Medicine

Eating Local Foods, Nourishing Local Communities with Michigan Friends Center Living Lightly Program • May 2, 9 a.m.-5 p.m. with registration at 8:30 a.m. • The keynote session with speaker Jim Crowfoot will explore why where our food comes from matters. Hands-on workshops will cover topics ranging from specifics on how to grow, prepare, and preserve your own food to the variety of local sources of food and how to connect with them, to how to eat more locally from supermarkets and restaurants. This event will continue the Living Lightly tradition of balancing time in full community with time in small groups where everyone gets a chance to participate, with individual reflection and artistic involvement, and will include a simple, local foods lunch and light, lively music. This workshop made possible with support of the James A. and Faith Knight Foundation. $50. Call Karen Chalmer at 475-1892; manager@michiganfriendscenter.org.

Natural Health Lecture and Raw Food Demonstration with Ellen Livingston and Don Bennett • Every Third Thursday, 6:30-8 p.m. at Arbor Farms Market • Learn how a natural diet of fresh, raw foods can bring you into balance and allow your body to heal itself. This monthly event includes lecture and food demonstration with tasting. $10. Call 995-0875; ellen@livingyoganow.com.

Raw Food Potluck with Ellen Livingston and Don Bennett • May 10, June 21, July 19, Aug. 16; 1-3 p.m. • Open to all who are interested in learning about the many benefits of a raw, vegan diet and lifestyle. Come join our growing, healthy community and get the support you need. Please bring a raw, vegan dish to share. Call 995-0875; ellen@livingyoganow.com.

Living Vibrantly: Level 1 with Ellen Livingston and Don Bennett • Six Mondays: June 22, 29, July 6, 13, 20, 27; 6-9 p.m. • Health is something we can all attain and this revolutionary course will empower you with the knowledge you need to create vibrant health that lasts a lifetime. Separate fact from fiction and learn the foods you are biologically designed to eat. Lose unwanted weight permanently and learn how to achieve your energy and health potentials. $297 includes food and books. Call 995-0875; ellen@livingyoganow.com.

Vibrant Living Weekend with Ellen Livingston and Don Bennett • June 27-28 • In this two-day retreat, participants will discover how to live and eat for true health and the best odds of avoiding serious illness. Learn how to achieve and maintain your natural healthy weight and feel better than you ever thought possible. For cost and details, call 995-0875; ellen@livingyoganow.com.

The Healthiest, Most Effective Way to Lose Unwanted Body Fat with Ellen Livingston and Don Bennett sponsored by People's Food Co-op • May 7, 7-8:30 p.m. at Crazy Wisdom Community Room • There is a completely safe way to attain your ideal natural weight and maintain it for the rest of your life. Come join us for a free lecture and food demonstration. Call Kevin Sharp at 994-4589; peoplesfood.coop.

Travel Healthy: The Raw Food Diet Hits the Road with Ellen Livingston sponsored by People's Food Co-op • June 4, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn how you can easily maintain the healthiest diet while traveling, camping, and eating in restaurants and other places away from home. Come join us for a free lecture and food demonstration. Call Kevin Sharp at 994-4589; peoplesfood.coop.

Raw Kids! Eliminate Childhood Illness: What You Need to Know with Ellen Livingston and Don Bennett sponsored by People's Food Co-op • July 2, 7-8:30 p.m. at Crazy Wisdom Community Room • Most childhood illness can be avoided when parents apply the best information about our natural diet and lifestyle. Learn the information that can help you free your child from colds, cough, flu, earache, asthma, rashes, diabetes, and more. Come join us for a free lecture and food demonstration. Call Kevin Sharp at 994-4589; peoplesfood.coop.

Fruit: Our Real Superfood with Ellen Livingston and Don Bennett sponsored by People's Food Co-op • Aug. 6, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn why fresh, ripe, raw fruit is the superfood worth investing in. We'll address your concerns about sugar in fruit and have a food demonstration. Call Kevin Sharp at 994-4589; peoplesfood.coop.

The Crazy Wisdom Calendar will be posted online starting May 6, 2009, at crazywisdom.net.

Questions about Movement and Dance for Stefanie Cohen

Stefanie Cohen teaches and performs Contact Improvisation, and facilitates Authentic Movement. Her business card says: *Stefanie Cohen Moving Stories: Discovering the Body's Wisdom through Movement.*

Where did you grow up and where were you raised?

I was born in Brooklyn, New York, and grew up in Cambridge, Massachusetts.

Did you like dance and movement from an early age?

Apparently, I used to walk into things a lot! As a child I wasn't particularly graceful, coordinated, or aware of my body in space. I came to movement relatively late, first immersing in theater in high school and college and then finding dance. In theater, though, it was through my body – through investigating the physicality of dramatic characters, that I found the biggest clues for portraying them. I particularly enjoyed working with very stylized character movement as in a Kabuki play I was in.

What other things did you like to do physically, when you were a girl, that were clues to your natural inclination to want to use your body and use movement in your adulthood?

That is such a good question, and yet I suspect I've been trying to make up for my lack of physicality as a girl as I've matured. I wasn't athletic nor particularly confident in my body. It wasn't until later that I really began to explore movement and dance—first to evade my high school phys. ed. requirements! I have many physical memories of childhood places though; of climbing up and sitting still on enormous rocks by the Atlantic Ocean, or crouching in the moss at the base of pine trees in the woods and letting my imagination wander in my play. I think those experiences helped me form a physical bond with environment that still intrigues me when I dance.

What is Authentic Movement?

Generally speaking, there are two roles in the practice, that of the movers and the witnesses. The movers, typically with eyes closed, deeply attend to their bodies and inner impulses for movement or stillness. These might come in the form of sensation, emotion or image, and the movers respond to their impulses, observing their responses, for a predetermined length of time. The witnesses, with eyes open, watch the movers with compassion, attending both to the movement as it unfolds, as well as to their sensations, images, emotions and other associations they experience as they witness. When the session ends, participants might spend time writing or drawing in response to their experience, and also may share verbally with one another. Authentic movement provides opportunities for artistic exploration, for mindful, physical meditation and for access and insights to our psychological narrative.

When do you have the most fun when you are working as a movement instructor?

I love it when it feels clear that people have connected with themselves in whole new ways. Whether I am teaching technically proficient, seasoned dancers or people who are simply curious about exploring movement, I love to witness people finding the particular, unique ways their bodies move.

What do you most love about working with movement?

I love the immediacy and power. I appreciate that through the investigation of my own body and others' bodies in dance, I have everything I need for deep and creative exploration. I feel self-contained and endlessly curious. Truly, no matter how old or young we are and no matter what we feel our physical limitations to be, it is our birthright to experience our bodies fully and joyfully.

Do you dance around the house?

Certainly, I do, and I especially enjoy dancing with my children, Shane and Billie. They've figured out a great way to gain my attention and time is to ask me to dance with them; it is quite a sweet and satisfying way for us to spend time together.

Am I correct that one thing you do with movement is help people tell stories with their bodies? Can you tell us one very memorable story one of your students told, in class?

I think it's less helping people tell stories with their bodies and more, helping them listen to the stories that their bodies have to tell *them*. It's as though, through following the lead of our bodies and by delving into our sensation and movement, we gain access to tons of little secret drawers and compartments all over ourselves. Sometimes my students decide to turn their private experiences into performance. One particularly powerful performance I recall was a piece a man made about his mother who was mentally ill during his childhood. His memories were poignant and painful, but the portrait he drew of his mother was extremely compassionate and at times quite funny. His access to memory and the artistic support he found in my class made the experience of creating his piece healing both for him and for the audience who witnessed it.

Where is the most exotic or remote or exceptional place where you've danced?

The dance collective I perform with, *LAVA*, did a concert out in Portland, Oregon a few years back. While we were there we filmed a dance on video called *Groundwater,* which we shot at McIver Park, along the Clackamas River. Much of the dance takes place on an *extremely* steep cliff at the base of some enormous, old trees, and some of it takes place in the river, itself. So certainly, that was one of the more exceptional sites. Perhaps the most *remote* place though, was a site-specific dance I performed with five other dancers inside a tiny janitorial closet in rural Wisconsin!

What's a book on dance or movement that has really inspired you?
My two current favorites are the experiential anatomy books by Andrea Olsen, *Body Stories* and *Body and Earth.* They are great, accessible guides to learning about our anatomy and developmental movement patterns.

What are you most looking forward to this coming spring and summer?
I have a few nice things on my list including teaching at a great Contact Improvisation dance festival and then performing with *LAVA*, in Berkeley, California. I'm also looking forward to meeting some new babies; coincidentally, three of my students are expecting babies this spring. I'll be delighted to see them in person after witnessing them in utero these many months!

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Stefanie Cohen can be reached at stefanieco@hotmail.com.

Stomach Acid and Acid Blocking Drugs: What You Need to Know to Heal Your Digestion with Judy Stone • May 12, 7-8 p.m. • Most reflux or heartburn problems are related to diet and too little acid rather than too much. Acid blocking drugs were designed for short-term use (six weeks), not the years that many people use them. This class will discuss serious consequences of these drugs and the nutritional, healing approach to handling this very common digestive problem. Free, but pre-register by calling 994-5549.

Gluten, Wheat, and Grain Intolerances with Judy Stone • June 22, 7-8 p.m. • Have you been told that any of these foods are a problem for you? Do you wonder how you know if they are? Do you cringe at the thought of having to give up foods that contain these ingredients? We will discuss why these foods cause a problem for many, how to know if they do, and what to eat if you need to avoid any of these potentially troublesome foods. Free, but pre-register by calling 994-5549.

PH Balancing for Weight Loss and Overall Health with Anne Duffy • Aug. 18, 7 p.m. at Body, Mind, Spirit Wellness Center • Learn how to balance acidity that builds in the body from stress. Booklet for food combining is included. Test your urine and saliva and read what it means. $15. Call 765-5830; theconnectingbridge@yahoo.com.

Spring Cleansing with Linda Berry • May 2, 9-11 a.m. • A healthy, cleansing diet program will be presented along with the rationale for liver and digestive detoxification. This program also helps participants identify food allergies and sensitivities. $10. Call Kathy Wiles at 677-1900; www.ccbtherapiesofannarbor.com.

Becoming an Educated Eater with Lisa Howard • June 2, 7-9 p.m. • Enhance your understanding of food and wellness by learning what food labels mean, how to choose high quality ingredients, and how to build a healthier, more satisfying lifestyle. $40. Call 734-416-5200; info@bodyworkshealingcenter.com.

Cooking with the Five Seasons with Robert Lewanski at Song of the Morning • May 1-3 • Using an Oriental system of food classification, this workshop will teach you if you're hot, cold, warm, cool or neutral, and which of the five Element Tastes (bitter, sweet, pungent, salty or sour) match your individual body type system. Each attendee will receive a free personal body type analysis chart. $90. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Introduction to Raw Foods Uncooking Workshop with Martha Ross at Song of the Morning • May 16 • The diet is very simple: one eats only raw nuts, seeds, fruits, and vegetables. Within that range, though, there is an endless variety of extraordinarily delicious dishes, from not-cheesecakes to raw pizza to sprouting and juicing. We'll talk about the raw lifestyle, share tips and personal experiences, try some recipes, and help prepare and serve dinner. $25. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Pagan Spirituality

Witches' Night Out at Crazy Wisdom Tea Room • May 5, June 9, July 7, Aug. 4; 7 p.m. • Come join us for tea and networking on Witches' Night Out with Rachel Green. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. $3.50 for pot of tea with free refills. For more information, please contact info@crazywisdom.net.

Parenting

Mothering Arts Support Group with Barbara Robertson and Cia Gabriel • Eight Mondays, 10-11:30 a.m. • This ongoing group focuses on making a positive adjustment to the joys and challenges of being a new mom. Topics include sleep issues, breastfeeding, baby-wearing, taking care of yourself, sex after baby comes, birth stories, infant massage, baby signs, and more. This class repeats consecutively and can be joined at any point in the series. Moms and babies up to six months welcome. $60. Call Center for Childbearing Year at 663-1523; www.center2cby.com.

Breastfeeding Cafe with Barbara Robertson through Center for Childbearing Year • Ongoing Fridays, 10-11:30 a.m. • Come and meet other women who are breastfeeding their babies! This free drop-in group focuses on supporting the new breastfeeding pair. We will provide a combination of a nurturing environment and accurate, up-to-date information. Time is set aside to address each individual mother's concerns. Moms and babies can come for as many weeks as they need. Please bring your baby and your breastfeeding questions. Free. Call 973-6534; www.bfcaa.com.

Dunstan Baby Language Classes for Expectant Parents and Parents with Babies up to Three Months Old with Ann Zalek • May 4, 11 from 2-3:30 p.m.; June 8, 15 from 3-4:30 p.m.; Aug. 3, 10 from 3-4:30 p.m. • Dunstan Baby Language is an invaluable tool for parents and caregivers to discern the meanings of baby's sounds from birth to help respond with appropriate settling techniques. From birth to three months, babies exhibit the same reflexes with sound. Babies will cry less and settle more easily, and parents will feel less stressed and will experience better feeding and more uninterrupted sleep. $85 for two days. Call 973-1014; lamazefamilycenter.org.

Personal Growth

Something to Live For, Something to Die For: A Purpose-Driven Life Interactive Lecture with Alje Van Hoorn • May 13, 6:45-9 p.m. at Crazy Wisdom Community Room • How do we create a desire to succeed so great it turns into a healthy obsession to achieve? To create perpetual motivation, we need both something to live for and something to die for. A deficiency in one of these primal forces is similar to riding a car with an engine but without steering; you can move forward, but you can't control your direction. $5. RSVP at 660-9751; www.coachalje.com.

Inevitable Success: Beyond the Law of Attraction Interactive Lecture with Alje Van Hoorn • June 10, 6:45-9 p.m. at Crazy Wisdom Community Room • Success is a quality that should be experienced as frequently as possible by all. At some point in our lives, we have all been told to think positively and to envision ourselves as the people we want to be. What if this is only part of the secret of the law of attraction? Why does it take so long before our wishes are realized? $5. RSVP at 660-9751; www.coachalje.com.

Win at the Game of Life: Developing a Player Attitude Interactive Lecture with Alje Van Hoorn • July 8, 6:45-9 p.m. at Crazy Wisdom Community Room • We compete in games and tournaments knowing we might not win everything. However, this does not stop us from participating wholeheartedly, trying out new moves and picking ourselves up after we fall. Why should this be any different in the rest of our lives? If we apply this winner's player attitude to living life, imagine how rich and rewarding our lost opportunities would have been. $5. RSVP at 660-9751; www.coachalje.com.

Life Optimization: Getting What You Want Interactive Lecture with Alje Van Hoorn • Aug. 12, 6:45-9 p.m. at Crazy Wisdom Community Room • We all own dreams, many of which are yet to be materialized. At some level, we are all shy of claiming responsibility of what could be ours due to our fear of failure. What stops you from investing your time, money, and effort to get what you want? Learn how to create systems to optimize your beliefs and attitudes to live your life. $5. RSVP at 660-9751; www.coachalje.com.

A Taste of Clarity: Living and Working with Lights-On Energy with Laura Shope • May 20 or June 18 • Learn to read the clues that ignite and renew your passion and focus for life while you are introduced to proven energy tools that empower you to go for your dreams. Create your own lights-on vision for any aspect of your life and come away feeling energized and connected to what makes you come alive! $39. For times, call 277-2734; www.bluefireinstitute.com.

Get Clarity: Energy Tools to Maximize Your Success with Laura Shope • May 8 or June 13 • What would happen if, every day, you and everyone in your company did your work with vitality, energy, and passion? If you had the secret to what really inspires sustained peak performance, how would that benefit your life and work? Learn the basics of how to see, understand, and gain the "energy edge" for yourself, your team, your business partners, and your customers. $299. For times, call 277-2734; www.bluefireinstitute.com.

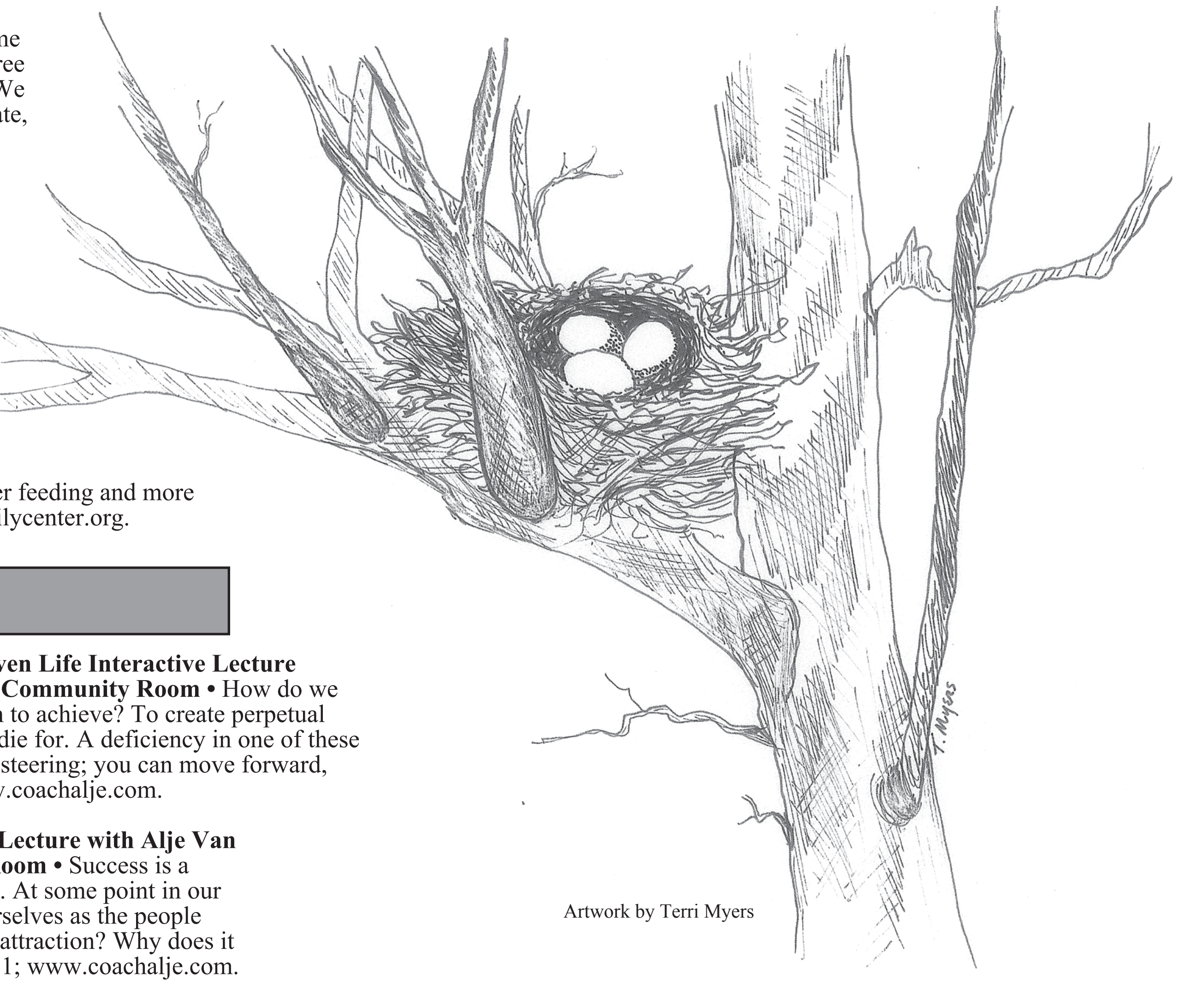
Creating the Rest of Your Life! with Laura Shope • May 28-31, July 16-19 • Are you asking yourself, What is my life purpose? How do I best live my dreams fully? Do you have a vision of what you want, but lose energy and focus as you move toward it? This three-month experience, beginning with this seminar, is a pinnacle course for personal and professional excellence. Find the essence of who you truly are and move forward with strength, vitality, balance, and energy that radiates. $1,699. For times, call 277-2734; www.bluefireinstitute.com.

Discovery Group Based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing • Discussion and skill building. Practice releasing the ego and pain body. Experience silence, spaciousness, and the "joy body". Awaken to your inner purpose. This is the first of a series of meetings. $30 per session. For dates and times, call 668-2733; mfuscaldo@gmail.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Part 1: May 15, Part 2: May 22; Noon-1:30 • Learn a powerful tool you can use any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negative thinking, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. $30 per session. For dates and times, call 668-2733; mfuscaldo@gmail.com.

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Part 1: May 26, Part 2: June 2; Noon-1:30 • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. $30 per session. For dates and times, call 668-2733; mfuscaldo@gmail.com.

Taming Your Inner Critic with Lou Weir of Deep Spring Center • Mondays, May



Artwork by Terri Myers

The Crazy Wisdom Calendar

Personal Growth (continued)

4-June 15; 7-9 p.m. • This class will investigate the inner critic to see how it plagues us with self-criticism, doubt or harsh judgment of ourselves and others. Using meditation, psychological exercises, and discussion, we will shed light on this inner coercion. We can bring more compassion and understanding to this area, which will lead to more inner freedom. $42 building fee with opportunity to offer dana for the teacher. Call 477-5848; info@deepspring.org.

Inner Voice: Inner Vision Workshops with Kay Gould-Caskey • May 17 or June 17, 2-5 p.m. • Each workshop begins with Kay reading a vision story, followed by meditation, creative activities, and discussion to enable us each to grow in understanding and insight regarding the life qualities and challenges offered in each story. $29 each workshop. Call 747-9810; www.fallingwatermi.com.

Introduction to Rising Star and Prema Birthing Healing System with Suzi Brundage • May 9, 11 a.m.-1 p.m. • This class will explain what the Rising Star and Prema Birthing Healing Systems are, where they come from, and what one can expect from receiving such healings. Free. Call 269-967-3625 or 269-781-9342; www.aplaceofhealing.net.

More Truth Will Set You Free Workshop with Suzi Brundage • June 6 or July 11, Noon-3 p.m. • The truth that sets you free is that you are the creator of your own destiny. Within the context of a sacred energy vortex, using stories, music, meditations, and shared experiences, allow yourself to be still, your heart to soften, and be willing to look at how old patterns, beliefs, and programs may be holding you back from living your life fully. $45. Call 269-967-3625 or 269-781-9342; www.aplaceofhealing.net.

Juicier Life Workshop Series with Laura MacKimmie • Monthly, daytime and evenings • Experience life coaching at a fraction of the cost in these coaching workshops. Increase your resilience, enthusiasm, and peace of mind. Create take-home plans and get e-mail follow-ups. $20 or $100 for six sessions. For dates, and times, call 434-4440; www.juicierlife.com.

Polarity

Table Talk: A Polarity Therapy Demonstration with Karen Kerns • May 19, 6-8:30 p.m. at Crazy Wisdom Community Room • Karen will demonstrate a session of Polarity Therapy and explain how it balances the energy system of the body. $10. Call Betty Teeg at 313-647-0038; info@polaritycenter.com.

Prayer

Prayer: The Song of the Soul Workshop with Gary and Chrissie Blaze • Aug. 22, 1-3:30 p.m. at Crazy Wisdom Community Room • Prayer aligns us more closely with our higher selves, an aspect of the God spark within. There is also an outward-moving form of prayer that is about sending the energy of love to a person who is sick, or the whole world. This workshop is a dynamic expression of prayer. $5-$10 suggested donation. Call 248-588-0290; www.aetherius-mi.org.

Professional Enrichment

Colors in the Classroom with Jennifer Flowers • June 18, 6-8:30 p.m. • This interactive class is designed for teachers, educators, and anyone passionate about empowering our children. We will use imagery, body positioning, color, and thought patterns to create desired results within minutes. Experience how applying these concepts can make us physically stronger, assist with (test) anxiety, and improve self-esteem and grades. Space is limited. $45. Call 734-416-5200; info@bodyworkshealingcenter.com.

Preventing Burnout with Holistic Energy Care with Self Realization Meditation Healing Centre • June 13-14 or Aug. 18-19, 9:45 a.m.-5 p.m. • This is a course for health care professionals, complementary practitioners, carers, teachers, voluntary workers, and all people-workers who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their personal lives. $225 includes lunches and refreshments or $272 includes lodging and meals. Call 517-641-6201; www.selfrealizationcentremichigan.org.

The Living Word: A Preaching Workshop with Joan Delaplane of Weber Center • July 12 at 7 p.m. through July 17 at 1 p.m. • This is a basic workshop exploring the what, why, and how for beginning preachers. Varied settings and opportunities for preaching by women and men will be explored. Some time will be allotted to proclaiming the Word effectively and to preach a brief reflection. $375. Call 517-266-4000; webercenter@adriandominicans.org.

Reiki

Reiki I and II with LaRene Dell • May 20, 27, and 30 • Reiki is a healing method with much power to do hands-on and distant healings. No experience needed. Will give attunements up to second degree. $70-$240 sliding scale. For times, call 945-5767; laughinghawk11@yahoo.com.

Reiki I with Jennifer Flowers • May 17, 9 a.m.-5 p.m. • Learn how to access universal life force energy to heal others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. In this class, you will receive an attunement to align with the Reiki energies, learn the history of Reiki, basic hand positions, and practice on yourself and classmates. $139 plus $15 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki II with Jennifer Flowers • Aug. 23, 9 a.m.-5 p.m. • Continue your training in how to access universal life force energy. Heal yourself and others. In this class, you will receive an attunement in the hands to greatly increase the energetic flow and learn absentee healing, as well. $139 plus $15 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki for Kids with Jennifer Flowers • June 28, 10 a.m.-3 p.m. • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to plants, food, and yourself. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $20 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

Reiki for Teens with Jennifer Flowers • July 26, 1-6 p.m. • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to plants, food, and yourself. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. $69 plus $15 material fee. Call 734-416-5200; info@bodyworkshealingcenter.com.

First Degree Reiki Class with Suzy Wienckowski • May 29-31: Friday 7-9:30 p.m., Saturday 9:30 a.m.-4 p.m., Sunday 9:30 a.m.-12:30 p.m. • Reiki is a gentle, hands-on healing art and is easily learned by all. After initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels - body, mind, and spirit. This class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • June 19-20: Friday 7-9 p.m., Saturday 9:30 a.m.-4 p.m. • This class is the second level of training in the Usui system of Reiki healing. Students learn and are empowered to use the three sacred Reiki symbols, which focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

Free Introduction to Reiki with Ray Golden • May 14, June 4, July 2, Aug. 6; 7-9:30 p.m. • An introductory talk on Reiki with an opportunity to experience Reiki energy. Free. Call 663-9724; www.rayogolden.reiki.com.

First Level Reiki Workshops with Ray Golden • June 6-7 or Aug. 7-8, Saturday 7-9 p.m. and Sunday 10 a.m.-6 p.m. • Reiki is a powerful, natural, non-invasive, easy to learn healing technique involving the healing energy of the universe flowing through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal, and spiritual. In this workshop, the student receives all the traditional attunements to Reiki energy, and learns to facilitate other's healing as well as self-healing techniques. Class sizes limited to allow for individual attention and traditional attunements. $125 or $105 if registered one week in advance, including manual and certificate. Call 663-9724; www.rayogolden.reiki.com.

Second Level Reiki Workshops with Ray Golden • May 15-16 or Aug. 1-2, Saturday 6-10 p.m. and Sunday 10 a.m.-6 p.m. • In this workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. Class sizes limited to allow for individual attention and traditional attunements. $230 or $205 if registered one week in advance, including manual and certificate. Call 663-9724; www.rayogolden.reiki.com.

Reiki Share with Members of Body Mind Spirit Wellness Center • May 10, June 7, July 5, Aug. 9; 3-4:30 p.m. • We invite all Reiki practitioners and people who have never experienced Reiki before to learn and experience the art of Reiki. Learn more about the history and applications of Reiki as well as experience Reiki for yourself. Free. Call 945-8602; www.bmswc.com.

Reiki Level I and II: Energy Balancing for Yourself and Others with Ann Zalek • June 22-23, 10 a.m.-4 p.m. • Taking care of yourself and others is the focus of this two-part class for caregivers, health care professionals, healing practitioners, and anyone interested to learn Reiki. Attendees learn Reiki Level I self-healing techniques, Reiki methods to help others, tips for applications in the care provider setting, and will receive the Reiki I attunement. Reiki II is designed for individuals who wish to expand their skills. $250 includes two snacks, manual, and handouts. Bring a dish to pass for a potluck vegetarian lunch. Call 332-3800; www.theracaremassagetherapy.com.

Reiki Level III: Advanced Training for Reiki Practitioners with Ann Zalek • Aug. 16, 10 a.m.-5 p.m. • Attendees learn the symbol for Reiki Level III and advanced techniques for hands on and distance work, and receive the energy intensifying level III attunement. $200 includes two snacks, manual, and starter supplies for Reiki grids. Bring a dish to pass for a potluck vegetarian lunch. Call 332-3800; www.theracaremassagetherapy.com.

Reiki Master/Teacher: Preparation to Teach with Ann Zalek • Aug. 17-18, 10 a.m.-5 p.m. • Designed to prepare individuals to teach Reiki to others, attendees learn attunements for all levels, advanced techniques, and practical skills for organizing, presenting, and promoting classes, and will receive the energy intensifying master/teacher attunement. $400 includes two snacks, manual, and certification of completion. Bring a dish to pass for a potluck vegetarian lunch. Call 332-3800; www.theracaremassagetherapy.com.

Renaissance

Life in the Middle Ages with The Barony of Cynnabar • Sundays, Noon-4:30 p.m. • Come and learn how knights, warriors, and fencers defended themselves using replica armor and rattan weapons. Also learn the arts of Renaissance music, dance, and garb. All singers, dancers, and instruments welcome. No experience necessary. Free. Rain cancels the event. For more information, contact www.cynnabar.org.

The Crazy Wisdom Calendar

Retreats

Silent Retreat at Self Realization Meditation Healing Centre • June 5 before dinner through June 7 after dinner, or Aug. 7-9 • Come join us in a restful and rejuvenating retreat! Following a "talking" dinner, giving time for participants to get to know each other, this retreat is held in silence. There will be ample time to meditate, contemplate, relax, and get in touch with the inner self, and includes guidance on how to make the most of your time in silence. $140 includes lodging and meals. For times, call 517-641-6201; www.selfrealizationcentremichigan.org.

Enhancing Balance and Harmony Workshop with Weekend Getaway Option at Self Realization Meditation Healing Centre • June 27, 10 a.m.-7 p.m. with option to stay overnight • Learn practical ways to help maintain your balance and harmony with less wobbles. This small group workshop, for one to six participants, includes receiving natural spiritual healing, and a home-cooked vegetarian lunch and dinner. The getaway option adds an overnight stay with breakfast, lunch, and hatha yoga the next day. Previous night accommodation is also available. $115 includes workshop or $189 with overnight. Call 517-641-6201; www.selfrealizationcentremichigan.org.

Transformational Healing Retreat at Self Realization Meditation Healing Centre • July 3 before lunch through July 6 after breakfast • A wonderful small group retreat for one to six participants includes a private appointment to receive natural spiritual healing and learn a healing breath, a group transformation hatha yoga class with individual attention to each student for all levels and abilities, time for meditation together or on your own, devotional singing, and plenty of free time to rest, read, contemplate, walk in nature or whatever else your heart calls you to do. $285 includes lodging and meals. For times, call 517-641-6201; www.selfrealizationcentremichigan.org.

Cultivating Contentment Weekend Retreat with Carol Blotter at Sunnyside in Brooklyn, MI • May 29 at 6 p.m. through May 31 at 4 p.m. • A silent insight meditation retreat exploring the cultivation of the mental qualities that support contentment (equanimity). Equanimity allows us to function on an even keel with whatever surfaces in our lives. It's an unshakable balance of mind and heart. Instruction in sitting and walking meditation will be provided, but some meditation experience is helpful. $50 for room and board plus bring a dish to share, with donations for teachings. Call 475-0942; www.chelseameditation.com.

Summer Retreats held at Song of the Morning Yoga Retreat Center • For times and more information, call Matt at 989-983-4107; www.goldenlotus.org.
Bring Your Mother Yoga, Hiking, and Dynamic Health Weekend with Patty Sutherland and Gary Saks • May 8-10 • What better way to celebrate Mother's Day than with a rejuvenating weekend of hiking in the Pigeon River Forest, power or gentle yoga, and a workshop on optimal nutrition, supplements, and myth busting. $50.
Spring Mindfulness Retreat with Bluewater Community for Mindful Living • June 5-7 • Please come join with meditators from around Michigan and Ontario for three days of mindfulness in the tradition of Thich Nhat Hahn. We will enjoy sitting and walking meditation, the Fourteen Mindfulness Trainings, a silent meal, early morning walks to greet the sunrise, yoga, dharma discussions, and other activities. Free.
Radiant Health at Every Age with Various Experts • June 8-11 • At this new wellness retreat, we'll start each day with hatha yoga and a guided meditation, followed by breakfast, two morning workshops, lunch, two afternoon programs, and free time, then dinner, a walk, and our regular 8 p.m. evening meditation. Workshop offerings will be geared toward empowering you to develop realistic health habits in all aspects of your life, from diet to exercise to your relationship with self, others, and God. $295 all inclusive.
Ancient Wisdom Ayurveda and Tibetan Singing Bowls with Mark Handler and Rolinda Lamay • June 12-14 • Discover amazing health and decreased symptoms through the Indian science of Ayurveda. You'll learn about diet, constitutional types, doshas, chakras, and the Ayurvedic lifestyle. Enjoy hands-on healing and meditation with antique Tibetan singing bowls and experience how bowl vibrations can transform your life. Tibetan singing bowl with Tibetan style chant concert is included. $88.
Emotional Ecology: Exploring Your Inner Landscaping with Erich Moraine • June 13-14 • You'll learn to identify and work with your inner emotional and energetic structures. You'll discover the system that directs what you feel, how you react, where your limits are, and your emotional flora and fauna. $95.
Mind, Body, and Soul Life Coaching and Indian Cooking Retreat with Ramesh and Anu Narula • July 10-12 or Aug. 14-16 • This weekend offers a unique blend of yoga, meditation, creative problem solving, breakthrough thinking, and deliciously instructional time in the kitchen with Anu. $100 includes a private session with Ramesh; scholarships available.
Second Annual Twenties Week with Frank Wheeler and Erich Moraine • July 18-26 • This week is devoted to our guests in their 20s, give or take a few years. There will be a variety of challenging and enjoyable indoor and outdoor karma projects, hatha yoga and meditation, plus ample time for swimming, vegetarian food, and forming lasting friendships. $150.
Perfect Eyesight: The Art of Improving Vision Naturally with Robert Lewanski • July 31-Aug. 2 • Discover how you can achieve perfect eyesight without glasses or surgery. Learn the latest foods, herbs, and supplements to improve vision, the Egyptian black dot and eye track method, special acupressure points for clear sight, body stretching exercises for eye/brain circulation, and other powerful techniques. $90.
Silent Retreat with George and Mary Ann Johnston • Aug. 7-9 • Keeping silence will help you connect to your inner self, find peace within, and experience the eternal present. This retreat will include readings from Paramahansa Yogananda's writings, guided and silent meditation, nature walk, chanting, and as much time for inward reflection as you need. Silence will be held by attendees from Friday 8 p.m. through the Sunday service, except for two sharing periods. Love offering.
Sound Healing with Antique Tibetan Singing Bowls, Throat Chanting, Mantra, and Peruvian Whistling Vessels with Mark Handler • Aug. 21-23 • These tools will be explored to teach you how you can improve your health and the health of others through these powerful sound vibration methods. All too often, we think of healing as an exclusively physical event. We'll discover the relationship between healing and states of consciousness. Some experiences with amrit yoga will be included. $88.

Shamanism

Healing with Spiritual Light with Connie Lee Eiland • May 30, 10 a.m.-8:30 p.m. and May 31, 10 a.m.-4 p.m. • This class bring in "the quantum" as we work with the unlimited powers of the universe. This method, introduced by Sandra Ingerman, does not view clients as sick. We move into this method with shamanic journeying, so strong journey skills and relationship with spirit helpers is required. $210. Call 313-343-8808; clshebear@sbcglobal.net.

Introduction to Journeying with Connie Lee Eiland • June 14 • This six-hour class includes power animal retrieval and journeys to upper world, middle world, and lower world. We will journey with drums and rattles. $70 with possible discounts available. For times, call 313-343-8808; clshebear@sbcglobal.net.

Healing Curses and Spells with Connie Lee Eiland • July 18, 10 a.m.-5:30 p.m. and July 19, 10 a.m.-4 p.m. • This class involves recognizing the importance of words and energy for health and well being. Participants will learn to recognize when curses are in place and how to remove them. This class requires journey skills and extremely strong relationships with spirit helpers. $210 or $180 paid by June 6. Call 313-343-8808; clshebear@sbcglobal.net.

> Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things that give value to survival.
> - C. S. Lewis

Shamanic Journey with All Core Members • Mondays, 7:30 p.m. • Trance-journey to distant realms of the spirit for healing, divination, expansion, transformation, and more. Free and open to all. Call Jim LeBoeuf at 699-8101; leboeufjames@att.net.

Shamanism: Introduction to the Shamanic Journey with Kate Durda • May 2, 11 a.m.-5 p.m. • Experiential training in the shamanic journey and introduction to shamanism healing methods and practice. This is one of the most remarkable methods to enter into the world of the spirit or "non-ordinary" reality to access personal truths, healing, and peace and to enhance creativity and oneness with the world. Pre-requisite for advanced training. $60 or $15 for those repeating this class. Call 517-543-6754; spiritweavers@voyager.net.

Medicine for the Earth: Restoring Health to Self and the Environment with Kate Durda and Stephanie Tighe • May 30, 10 a.m.-5 p.m. and May 31, 9:30 a.m.-4 p.m. • This two-day experiential workshop/personal retreat is based on the work of Sandy Ingerman and her book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and "pollution" by learning how to transmute negative beliefs, attitudes, and the energy that comes from our emotions. Learn about alchemy and how to create miracles. Ends with healing ceremony on Sunday afternoon. $120 or $100 paid by May 26. Call 517-543-6754; spiritweavers@voyager.net.

Advanced Shamanic Healing Methods Course with Stephanie Tighe • Begins weekend of July 25, meeting for at least five months • Shamanic healing methods to be covered in this intensive include soul retrieval, plant spirit medicine, extraction, restoration of lost power, working with those who have died or are in the dying process, depossession, and more. We will also cover other spirit-directed techniques, ethics, establishing a healing practice, sensing energy, shifting energy, how to help your clients receive healings, and the use of ritual tools and regalia/masks. For cost, call 517-543-6754; spiritweavers@voyager.net.

Shaman's Walk and Community Healing Circle with Kate Durda and Stephanie Tighe • Aug. 15, Noon-5 p.m. • We will come together to journey deeply and dance passionately. We will follow the walk with a community healing ceremony. Come experience the ecstasy of shamanic community with a potluck and shamanic "bazaar" with rattles, drums, medicine bags, and more for purchase. All traditions welcome. Pre-requisite is shamanic training or experience. Limited to the first 50 people who register. $60 or $50 paid by Aug. 7. Shaman's Walk sold out in 2008. Call 517-543-6754; spiritweavers@voyager.net.

New Moon Spider Lodge with Gloria Marshall through Gateways Center for Life Enrichment • June 22 or July 22; 7-9 p.m. • The old is over, done with, kaput! New Moon is a time of fresh starts, change, hope, and forward focus. Begin to align the self with the Self, then throw your anchor into the future and draw it to you! Who knows what these evenings might look like. Love offering. Call 332-4666.

Red Lodge Program Open House and Sweat Lodge Ceremony with Debbie Mast • May 20, 31, June 10, July 27, Aug. 13; 7-10 p.m. • Introductory teachings followed by an optional sweat lodge ceremony that provide an overview of Red Lodge, a year-long shamanic training program. Free. Call 248-414-5376; www.floweringtreelodge.net.

Vision Quest Introduction and Rites of Passage with Debbie Mast • May 20, 31, June 10, July 1; 7-10 p.m. • Introductory evening and optional ceremonial experience for those interested in finding a deeper connection to nature, guidance from Spirit, and new direction. Free. Call 248-414-5376; www.visionquestmi.com.

Vision Quest and Rites of Passage with Debbie Mast • July 15-19 • $250. For complete information, call 248-414-5376; www.visionquestmi.com.

Singing & Songwriting

Threshold Choir of Ann Arbor with Tammy Corwin-Renner • First, Third, and Fifth Tuesdays; 12:30-2:30 p.m. • We honor the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. All women are welcome to visit and sing! By donation. We currently do not have childcare. Call 786-3991.

New Moon Sing with Tammy Corwin-Renner • On the New Moon: May 24, June 22, July 22, Aug. 20; 6:30-7:30 p.m. • A sing for girls 8 to 18 years and their mothers, aunts, grandmothers, and female friends. We sing songs and rounds to nourish our relationships with one another, the earth, and ourselves. By donation. Call 786-3991.

Shaping Sound: A Journey Into Your Naked Voice with Jody Tull • June 7, July 7, Aug. 6; 4-5:30 p.m. • Discover the sound of your true self as self-consciousness and fear evaporate and are replaced with an increased level of comfort and the new skill of listening and communicating without judgment. $25 per class or $60 for all. Call 213-0435; info@shapingsound.com.

Holy Harmonics: Vocal Toning for Peace and Well Being with Christopher Michael George • May 14, 7-9 p.m. at Crazy Wisdom Community Room • The human voice is the most powerfully personal healing instrument available to everyone. We will explore sacred sounds from around the world and how they may benefit our personal energy systems, the power of vocal harmonics, chakra rebalancing with sound, chanting the divine name, and overtone singing. $15. Call 248-346-2156; tonehealer@gmail.com.

Spiritual Development

Mukti: Free Introductory Talk • May 7, 6-8:30 p.m. at Crazy Wisdom Bookstore • We will explore innocence as attitude, perspective, and expression. When we perceive from fixed positions of mind, these beliefs, opinions, and past memories greatly limit how we know ourselves, others, and life. Join Mukti to explore the innocence of who you are and how your life might be lived free of fixation. Free. Call Leslie Leland at 961-8544 or Rachel at Crazy Wisdom Bookstore at 665-2757; www.crazywisdom.net.

Mukti: Evening Satsang - Discover Your True Self • May 8, 7-9 p.m. at Interfaith Center for Spiritual Growth • What is the most essential you that is present regardless of thought or emotion? Mukti will speak on these compelling topics at her evening satsang, and follow with questions and dialogues with participants. $15. Call Leslie Leland at 961-8544; www.muktisource.org.

Mukti: Silent Retreat Day • May 9, 9:30 a.m.-5:30 p.m. at Interfaith Center for Spiritual Growth • Discover your true self. This one day retreat offers a blend of stillness and dynamic inquiry with three satsangs interspersed with periods of silent meditation. Outside of satsang, the retreat is held in silence. Bring lunch or eat nearby. Wear comfortable clothes. Chairs provided. $75. Call Leslie Leland at 961-8544; www.muktisource.org.

Adyashanti Gathering with Leslie and Markel Leland • Mondays, 7-10 p.m. • A local gathering of people interested in the non-dual, Zen-flavored teachings of Adyashanti, Mukti, and others. There are short meditations, dvds and cds shared, and discussions of how these teachings are affecting our lives. Optional offering for tea and snacks. Call 961-8544; leslievictoria@msn.com.

> The weak can never forgive.
> Forgiveness is the attribute of the strong.
> - Mohandas Gandhi

Higher Consciousness Group with David Winfree at Interfaith Center for Spiritual Growth • Thursdays, 7-8:30 p.m. • All are invited to join a group discussion and to practice techniques to raise one's awareness of love. Donations accepted. Call 353-0906; www.interfaithspirit.org.

A Course in Miracles Study Group with David Bell at Interfaith Center for Spiritual Growth • Mondays, 6:45-8:15 p.m. • All are invited to join a group reading and discussion of the seminal metaphysical book, *A Course in Miracles*. Includes study materials and text. No meeting May 25. Donations accepted. Call 327-0270; www.interfaithspirit.org.

Paul Speaks Across Two Millennia with Sarah Ann Sharkey at Weber Center • July 20 at 9 a.m. through July 24 at Noon • As prominent as Paul's letters are in the New Testament and in the lectionary, many Christians and Catholics still only know Paul "in passing" and perhaps find some of his insights irrelevant in the 21st century. In the course of this week, we will "shake hands" with Paul by considering his life and letters, discuss how to read Paul in order to appreciate the richness he offers, focus on 1 Corinthians, and reflect on Paul's enduring wisdom. Bring your bible to study. $450 single occupancy, $325 double occupancy, $225 commuter. Call 517-266-4000; webercenter@adriandominicans.org.

You Have Heard It All Before with Peter Bowes • May 1, 7:30-9:30 p.m • So you have read all the books, you've gone to a multitude of lectures, you've heard it all before... Now what? Where do you go from here and what is the next step to improve your life and make you a contributing member of the world? $25. Call Lela at 517-898-2303; www.centersoflight.org.

Spirituality4Success with Nick Kumar at Song of the Morning • Aug. 1 • This weekend is comprised of an introductory lecture and meditation on Friday, and three two-hour Saturday workshops. Move your spiritual life forward with fast, simple, and effective approaches to spiritual and material success. By donation. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Ancient Wisdom for Modern Times with Charlene Proctor • May 19, 6:30-8:30 p.m. • Learn the tools and techniques used by Indian sages and seers for thousands of years to release stress and think clearer! You'll learn breathing techniques such as pranayama, banda traya, and prana kria that increase oxygen and energize areas of the body. Learn about mudras, mantras, the meaning of "Om", and why chanting helps you attune to a particular vibration and attract auspicious energies. A sound frequency meditation is included and a short discussion on the law of attraction. $45. Call 248-350-1500; wwwinerwisdomtoday.com.

The Cosmic Message Lecture with Dave Capraro • May 23, 1-3:30 p.m. at Crazy Wisdom Community Room • The Aetherius Society's late founder, George King, was in contact with advanced spiritual masters for over 40 years. The teachings he received included predictions of earth changes, how to accelerate your own development during "spiritual pushes", another master predicted to come to earth, and more. $5. Call Chrissie Blaze at 248-588-0290; www.aetherius-mi.org.

Stress Management

Stress Management: Embracing the Peace within You with Melanie Fuscaldo • Part 1: May 5, Part 2: May 12; 2-3:30 p.m. • Tune into messages from your body, mind, and spirit, and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Reduce Your Stress with Emotional Freedom Technique (EFT) with Brady Mikusko • Second Wednesday in May, June, and July; 5:30-7 p.m. • EFT is a simple, easy-to-learn modality to help reduce stress and other negative emotions (fear, anger, grief, etc.). EFT can also be used to work on many physical problems. Each participant will know how to do EFT by the end of the workshop and how to incorporate EFT into your daily life. $35. Call 747-8240; www.bradymikusko.com.

Creative Visualization for Healing and Alleviating Stress with Anne Duffy through Body Mind Spirit Wellness Center • July 22, 7 p.m. • Learn powerful techniques of meditative guided imagery to relax the body/mind connection for healing that you can do with little time. $15. Call 765-5830; theconnectingbridge@yahoo.com.

Sufism

Sufi Circle and Zikr with Ali Hashmi • Thursdays, 7:30-8:30 p.m. • Come experience Sufi healing and meditation. Join in a traditional chanting circle and share in the Zikr, or remembrance, as it has been passed down for generations. All welcome! Free. Call Body Mind Spirit at 945-8602; www.bmswc.com.

Tai Chi, Martial Arts, & Self Defense

Wu Style Tai Chi Chuan with Genie Parker • Mondays and Thursdays, 6 p.m. and Sundays, 4 p.m. • Wu style tai chi is a soft style martial art emphasizing relaxation and balance. $45 per month for one class per week or $70 per month for two classes per week. Call 248-229-1060; www.wustyle-annarbor.com.

Martial Arts Weapons Styles Workshop with Polaris Fellowship of Weapons Study • May 16, 3 p.m. • Instructors from multiple martial arts will demonstrate the use of weapons in their style. Novice and advanced martial artists are welcome. Free. Call Heather Fish at 730-1717; polarisfellowshipows@gmail.com.

Self Defense Workshop with Polaris Fellowship of Weapons Study • Aug. 15, 3 p.m. • Polaris instructors will lead students through activities and discussions designed to promote the mental and physical behaviors necessary to insure personal safety. Come in clothing and shoes that allow freedom of movement. Free. Call Heather Fish at 730-1717; polarisfellowshipows@gmail.com.

Okinawan Karate with Missy Siudara at Mind, Body, Spirit Academe • Sundays, 10 a.m.-Noon • Adult martial arts designed for health, self-defense, and physical fitness. $65 per month. Contact snowryu33@yahoo.com.

Youth Karate with Barb Christensen at Mind, Body, Spirit Academe • Tuesdays, 6-8 p.m. or Thursdays, 4-6 p.m. • The art of karate has been passed from generation to generation through oral tradition and hand to hand teaching. The Okinawan Karate Club of Ann Arbor is a group dedicated to the teaching of Grandmaster Eizo Shimabukuro's Karate, Kobudo, and Jujitsu. For cost, call 665-2840; blchristensen@earthlink.net.

Introductory Women's Self-Defense Seminars for Ages 12 and Up with Ryan Wilson and Cinda Hocking of White Crane Michigan Dojo • May 7, June 11, July 9, Aug. 6; 8-9:30 p.m. • This unique approach to martial arts provides an introduction to practical self-defense techniques for girls and women. Learn how to protect yourself, evade attacks, and proper, safe striking techniques. $25 or $40 for two people. Call Cinda at 417-7161; whitecranemichigan@gmail.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 65.

The Crazy Wisdom Calendar

Tai Chi, Martial Arts, & Self Defense (continued)

Introductory to Tai-Ki Seminar with Ryan Wilson of White Crane Michigan Dojo • May 7, June 11, July 9, Aug. 6; 6:30-8 p.m. • Tai-Ki is a Japanese-based exercise system similar to Chinese Tai Chi. It is a gentle, controlled method of exercise suitable for all ages performed in a slow, relaxed manner that includes Ki-Life breathing methods. $25 or $40 for two people. Call Cinda at 417-7161; whitecranemichigan@gmail.com.

Introductory Goshin Jutsu Self-Defense Seminars for Ages 12 and Up with Ryan Wilson of White Crane Michigan Dojo • May 14, June 18, July 16, Aug. 13; 8-9:30 p.m. • This special approach to martial arts provides an introduction to practical self-defense techniques. Learn how to take a proper self-defense stance, make a proper fist, protect the head, block strikes, how to duck and evade, and perform fist and foot techniques. $25 or $40 for two people. Call Cinda at 417-7161; whitecranemichigan@gmail.com.

Introductory Hakutsuru (White Crane) Seminars with Ryan Wilson of White Crane Michigan Dojo • May 11, June 8, July 13, Aug. 3; 6-8:30 p.m. • Hakutsuru is a total martial art that has grasping and locking foot and fist, and weaponry divisions. This seminar provides an overview of basic principles and techniques of this ancient system. $25 or $40 for two people. Call Cinda at 417-7161; whitecranemichigan@gmail.com.

Wu Style Tai Chi with Genie Parker at Jewel Heart • Sundays, May 3-Aug. 30; 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. No class July 26. $5 suggested donation. Call 994-3387; programs@jewelheart.org.

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • $1 per minute. No appointment necessary. Call 660-9680.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and cosmic connections with COSMO, a delightfully rational divination system. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool to explore the complexities of our lives. $1 per minute. No appointment necessary. Call 368-1780; johnrhino@comcast.net.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturday of each month, 10:30 a.m.-1:30 p.m. • Jillian uses Tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. $1 per minute. No appointment necessary. Call 395-4999; jilliankerry@gmail.com.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 2:30-5:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. $1 per minute. No appointment necessary. Call 734-222-9160.

How to Use a Pendulum for Beginners with Anne Duffy • Aug. 11, 6:30-8:30 p.m. at Body Mind Spirit Wellness Center • You will learn how to attune to source and use your pendulum as a tool for spiritual clearings, healings on the body, and answers to questions. $25. Bring a pendulum. Call 765-5830; theconnectingbridge@yahoo.com.

Tea Events

Mother's Day Tea with the Fairies at Crazy Wisdom Tea Room • Sunday, May 10; 2 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with the fairies as they serve tea, treats, and magic. There will be story time read from books available at Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! $10.50 per person. Babies 18 months and younger free. Register early as our next Tea with the Fairies event will not be until Autumn 2009! Call Lily at 665-9468; lily@crazywisdom.net. Please leave your telephone contact information if leaving a message.

Tea Tasting with Adam Kripke • May 14, June 4, July 9, Aug. 6; 7-8 p.m. • Come tease your taste buds with a soothing array of fine teas. Sample premium high-end teas from China and Taiwan. Taste the difference between green, oolong, herbal, black, pu-erh, and white teas. $5. Call 474-1608; www.bmswc.com.

Therapy & Support Groups

Starting Over: A Divorce/Separation Group for Women with Sierra Hillebrand • Tuesdays beginning May 6, 4-5:30 p.m. • This group is for women going through the ending of any significant intimate partnership. Through discussion and experiential exercises, we will focus on taking back your power, learning from the past while letting it go, and charting a new course for your life. $270 for nine sessions. Call Woman Safe Health at 477-5100; www.womansafehealth.com.

What Happens When Women Wake Up? with Patricia Fero • June 21, 1-4 p.m. at Crazy Wisdom Community Room • In this workshop, you will explore the process of awakening and learn about the role of the collective feminine planetary awakening. $50. Call 973-0817; pat_fero@yahoo.com.

Creating Internal Emotional Resources with Cam Vozar • May 13, 7:30-9 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual internal resources. $10. Call 747-9073; cam.vozar@gmail.com.

Opening to Forgiveness: A Retreat for Survivors of Childhood Trauma with Anita Rubin-Meiller and Dawn McCalla • July 31 at 6:30 p.m. through Aug. 1 at 5 p.m. • Explore the meaning of forgiveness and its possibility for healing the wounded heart through teachings, journaling, meditation, dialogue, and art. The retreat offers an opportunity to create quiet space and yet have connection with others. Participants may choose to stay overnight at the Anthroposophical Society House. $125 includes food. Call Anita at 332-0669 or Dawn at 426-1494; dmccalla1205@charter.net.

Transpersonal Psychology

Ann Arbor Ken Wilber Meetup Group organized by Dennis Hunt • May 9, June 13, July 11, Aug. 8; 2:30-4:30 p.m. at Crazy Wisdom Community Room • Discussions on the philosophy of Ken Wilber and related topics. $5 suggested donation. Call 658-7619; dhunt98@earthlink.net.

Women's Health

Medical Empowerment Workshop with Sierra Hillebrand • May 23, 9 a.m.-4 p.m. • This one-day workshop offers women a holistic, multisensory approach to developing resources, skills, and techniques for facing health challenges and navigating medical settings with greater confidence and ease. Topics covered include communicating with caregivers, developing positive alliances and support systems, mind-body approaches to anxiety reduction, and strategies for informed decision-making. $180. Call Woman Safe Health at 477-5100; www.womansafehealth.com.

Medical Empowerment Group with Sierra Hillebrand • Ongoing Wednesdays, Noon-1 p.m. • An ongoing support group for women facing medical challenges. This forum is designed to help participants access support, strength, and encouragement as they cope with health concerns and navigate medical systems. $15 per session. Call Woman Safe Health at 477-5100; www.womansafehealth.com.

Open House: Gynecology and Woman Care with Elizabeth Shadigian and Staff of Woman Safe Health • May 2, 11 a.m.-Noon; May 29, 6-7 p.m.; June 18, Noon-1 p.m.; July 25, Noon-1 p.m.; Aug. 5, 5-6 p.m. • Each informal open house is an opportunity for community members to check out our innovative space and learn about the Woman Care services we provide. These include gynecology and general health care, psychological services, health education, and our self care room, which features a Migun thermal massage bed, relaxation and exercise equipment, and other valuable resources. Free. Call 477-5100; www.womansafehealth.com.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: June 12, Part 2: June 19; Noon-1:30 p.m. • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Call 668-2733; mfuscaldo@gmail.com.

Discover Your Talents and Treasures with Deb Foggio • May 1, June 5, July 3, Aug. 7; 7 p.m. • We each have unique, different talents. We will use a method of discovery for you to see what you are destined to do, which will put you on the path to creating your best life. Free. Call 248-702-7064; www.integrativewellbeing.com.

Writing

Write Your Life Story with Gail Balden • May 30, 9 a.m.-3 p.m. • We all have stories. Learn where to start, what to leave out, and how to tell the tale. Your story can be words of wisdom just for you, your family or the world. $50. Call 503-368-7807. After May 23, call 426-4750; gail@creativejourneys.net.

Yoga

Iyengar Yoga Classes with Laurie Blakeney • Ongoing classes offered • Come join progressive, safe, and transformative Iyengar yoga classes. For cost, call 663-7612; www.annarborschoolofyoga.com.

Yoga for Scoliosis: Practice for Optimal Health with Ronda Pretzlaff Diegel • May 17, 2-4 p.m. • This workshop, suitable for yoga students and yoga teachers, will teach yoga postures and breathing techniques that help individuals with scoliosis. These yoga practices help alleviate pain, bring greater symmetry to the body, and stop curve progression. $30. Call 248-730-0597; rmdiegel@earthlink.net.

Transformation Yoga Weekend at Self Realization Meditation Healing Centre • May 2-3 • For all levels and abilities. Come stretch, strengthen, and relax with transformation hatha yoga classes Saturday and Sunday mornings. $60 for classes and refreshments. To include overnight accommodation and vegetarian meals from Saturday lunch through Sunday lunch, add $65.50. For times, call 517-641-6201; www.selfrealizationcentremichigan.org.

AyurYoga with Jessica Snyder at Tree of Life • Tuesdays, April 7-June 9; 7 p.m. • AyurYoga integrates yoga and Ayurveda with the intention of assisting each person in returning to their original balanced state. Physical postures, breathing exercises, and meditation will be explored integrating an Ayurvedic understanding of individual constitution and natural cycles (seasonal, daily, and monthly). This encourages an experience that refreshes the body, relaxes the nerves, calms the mind, and increases vitality and inner strength. $12 drop-in or $100 for ten weeks. Call 433-0697; www.treeoflifestudio.org.

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, and Nancy Udow • Weekday, evening, and Saturday classes offered from May through July • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of the individual student. We offer classes for beginners and experienced students as well as an Ageless class and a Prenatal class. One hour class: $58 for seven weeks. 90 minute class: $77 for seven weeks. Two hour class: $100 for seven weeks. Call Sue at 622-9600; www.yogaspace.info.

Yoga for Athletes with Lisa Hesse at Mind, Body, Spirit Academe • Sundays, 5-6 p.m. • Pair yoga with running to get stronger, faster, and less injury prone! A sense of adventure and humor are the only prerequisites. For cost, contact lisa@womeninmotion.us.

Posture Yoga with Ita Reyes at Mind, Body, Spirit Academe • Saturdays, 9-10 a.m. • This class will focus on strengthening the core muscles while opening and stretching the hips. This allows for proper posture and a healthy spine. Poses are held to build endurance. Breathwork will release tension so flexibility of the spine and hips can be achieved. This class is a must for anyone that spends hours sitting at a desk or driving long hours each day. $5 first class, $10 drop-in, $95 for ten classes. Call 604-5697; itayoga@comcast.net.

Vinyasa Flow Yoga with Ellen Livingston • Wednesdays, 9:30-11 a.m. • Classes include meditation, philosophy, breathwork, and asanas, followed with a raw food snack treat. Comfortable home environment and small class size. $15 drop-in with instructor permission; 10% off on multiple class pass. Call 995-0875; ellen@livingyoganow.com.

Move with the Elements with Renee Rutz • June 27, 9-11 a.m. • Experience the flow of the five elements in your body through gentle movements based on Polarity Therapy and yoga. Wear loose, comfortable clothes. $10. Call Betty Teeg at 313-647-0038; info@polaritycenter.com.

Yoga Classes at Sun Moon Yoga Studio with Sondra O'Donnell and Sun Moon Certified Teachers • $13 drop-in; reduced rates available with registration or package purchase. Call 929-0274; sondra@sun-moon-yoga.com.
Spirited Yoga • Ongoing Mondays 6:15 p.m. and Thursdays 9:30-10:45 a.m.
Better Backs Yoga • Ongoing Mondays 7:45-9 p.m., Thursdays 11 a.m.-12:15 p.m. and Sundays 10:30-11:45 a.m.
Basic Yoga • Ongoing Tuesdays 9:30-10:45 a.m., Wednesdays 6:15-7:45 p.m., Thursdays 12:30-1:45 p.m., Saturdays 10:45-Noon, Sundays 9-10:15 a.m.
Yoga for Runners with Kim Johnson • Saturdays 12:15-1:30 p.m.
Kripalu Yoga with Tanya Thunberg • Tuesdays 5:30-6:45 p.m.

Multidimensional Yoga Therapy Professional Yoga Therapist Certification Program - 500 Level with Sondra O'Donnel and a team of Yoga and Health Professionals • Foundations 1: June 12-21, Foundations 2: July 10-19, with additional hours required for certification • The program offers hands-on practice, theory, and teaching methodology with a strong foundation in traditional yoga. The foundational training includes study of anatomy and physiology, with a deep understanding of yoga philosophy, Ayurvedic diagnostics, client assessment, and practice planning. Course homework includes deep study of yoga theory and completion of case studies on special topics in health, addressing the specific needs of specialized populations. $1,595. Call 929-0274; www.multidimensionalyogatherapy.com.

Prenatal Yoga Teacher Training with Lynn Shuck and Sondra O'Donnell of Sun Moon Yoga • Aug. 21-23 • Learn about basic stages of pregnancy, common pathologies, structuring a class, as well as how you can become part of the community of prenatal caregivers. Participants will receive a prepared teacher's manual, resource lists, and a certificate of completion detailing the weekend's hours according to Yoga Alliance standards. For cost, call 929-0274; sondra@annarboryoga.com.

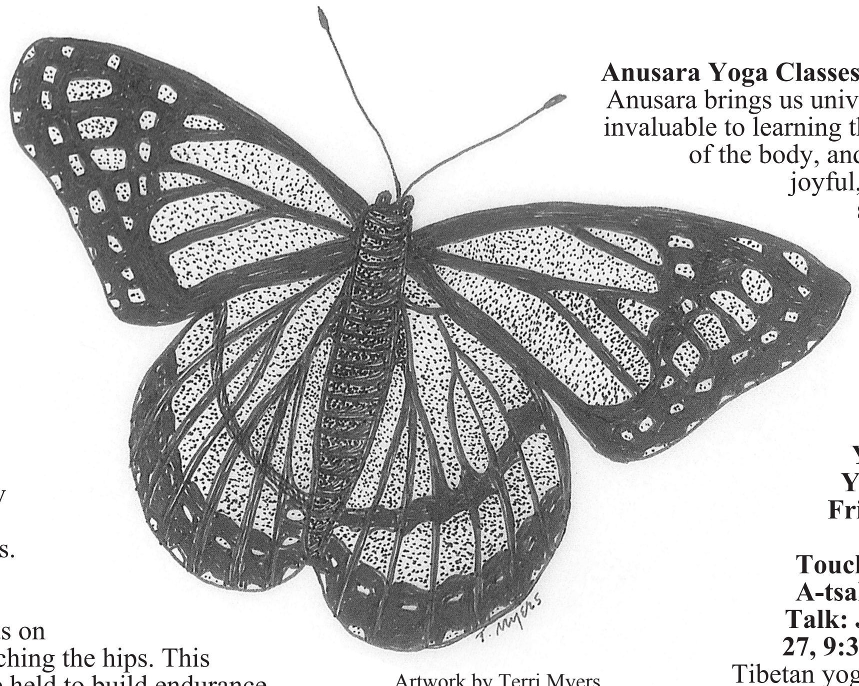
Yoga for MS Teacher Training with Mindy Eisenberg and Sondra O'Donnell of Sun Moon Yoga • Aug. 21-23 • Learn to teach specialized classes for students who have MS or more skillfully include students who have MS in multi-level classes. This training will have additional tools to assist their students and to creatively address the many different stressors and limitations that can result from having MS. Skills and tools from this program are also relevant for many other populations. For cost, call 929-0274; sondra@annarboryoga.com.

Sun Moon Yoga Teacher Certification Program - 200 Level with Sondra O'Donnell and other Yoga and Health Professionals • May 29-31, June 12-14, June 19-21, July 10-12, Aug. 14-16 with additional teaching hours required • The program offers hands-on practice, theory and teaching methodology with a strong foundation in traditional yoga. The program includes study of anatomy and physiology with a deep understanding of yoga philosophy, yoga techniques, and how to teach safely and effectively. Course homework includes deep study of yoga theory and its integration in the yoga classroom. $2,600. Call 929-0274; sondra@annarboryoga.com.

Sivananda Yoga Community Gatherings • May 17, June 14, July 12, Aug. 9; 4 p.m. • Traditional classical yoga, satsang, and light vegetarian dinner. All welcome. Free. Call Jody Tull at 213-0435; info@sivanandayogatoday.com.

Sivananda Yoga for Beginners with Jody Tull • Six Fridays beginning May 15 and July 10, 4:30-6 p.m. • Gentle and effortless stretches to maximize the benefits of yoga. Overcome the fear of getting started. $15 drop-in or $80 for six-week session. Call Jody Tull at 213-0435; info@sivanandayogatoday.com.

Sivananda Yoga Advanced Class with Jody Tull • Six Wednesdays beginning May 13 and July 8, 5:45 p.m. • Advanced meditation in motion through yoga asanas to attain radiant health and well being. $15 drop-in or $80 for six-week session. Call Jody Tull at 213-0435; info@sivanandayogatoday.com.



Artwork by Terri Myers

Anusara Yoga Classes with Michele Bond of Yoga House • Anusara brings us universal principles of alignment that are invaluable to learning the postures, deepening your understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Anusara blends the science of biomechanics with an openhearted, uplifting philosophy. $15 drop-in or $12 preregistered. Call 358-8536; michele@yogahouseannarbor.com.
Anusara Style Yoga: Open Level • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. and 5:45-7:15 p.m.
Yoga Essentials • Tuesdays 5:45-7:15 p.m. and Wednesdays 8-9:30 p.m.
Yoga for Athletes • Wednesdays 6-7:30 p.m.
Yoga Happy Hour: Restorative Yoga • Fridays 5:45-6:45 p.m. • $10 per class.

Touching Wholeness: The Yogas of Tibet with A-tsal Khandro and Trinle Ozer • Introductory Talk: June 26, 7:30 p.m.; Workshop: June 27, 9:30-4 p.m. • Practical methods from the Tibetan yogic tradition for integrating body, mind, and spirit through posture, movement, and breath will be presented. A-tsal and Trinle will speak on and demonstrate a variety of yogas used for daily health and mental-emotional balance. They will also speak about the use of Tibetan Buddhist yoga in highly advanced spiritual practices such as tummo (inner heat) and the Six Yogas of Naropa. Introductory talk is free. Workshop is $65. Call A-tsal at 663-3842; atsalkhandro@gmail.com.

Yoga for Health and Personal Growth with Ema Stefanova at Body Mind Spirit • May 23, June 27, July 25, Aug. 22; 2-4 p.m. • Learn therapeutic yoga and meditation practices especially recommended for better health. Through proper yoga and meditation, the body temperature, metabolic rate, and endocrine secretion patterns undergo a profound change, harmonize, and balance resulting in a healthier you, no longer limited by the instinctive personality. All ages and abilities welcome. $60. Call 945-8602; www.bmswc.com.

Open Level Yoga with Ema Stefanova at Body Mind Spirit • Mondays, 6:10-7:25 p.m. • Excellent for both beginner and continuing students, this class is designed to peacefully energize you and develop total fitness, meaning not only a healthy body but also emotional stability, stress-free personality, and heightened mental awareness. $75 for four weeks or $150 for ten weeks. Call 945-8602; www.bmswc.com.

Inward Bound Yoga at Friends Meetinghouse • Spring session: April 27-June 13; Summer session: June 15-Aug. 1 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga, prenatal and postnatal, Ashtanga, meditation for yogis, and several vinyasa flow classes coordinated with music. No classes on Memorial Day. For class descriptions and fees, visit www.ibyoga.com. To contact Inward Bound: info@ibyoga.com.
Monday: 4:30-5:30 p.m. • Viniyoga to Music with Sandy
5:45-7:15 p.m. • Level 2-3 with Martha
Tuesdays starting May 5: 9:30-11 a.m. • Morning Yoga with Lynette (Spring session)
5:45-7:15 p.m. • Level 1 with Janine
Wednesdays: 7:30-8:30 a.m. • Wake-up Yoga with Janine
5:45-7:15 p.m. • Level 2 with Lynette (Spring session)
7:30-9 p.m. • Level 2 with Martha (Spring session)
7-8:30 p.m. • Level 2 with Martha (Summer session)
Thursdays: 5:30-7:15 p.m. • Posture Flow to Music with Cathy/Aileen
7:30-9 p.m. • Level 1-2 with Barbara B.
Fridays: 7:30-8:30 a.m. • Wake-up Yoga with Roddy
9:30-11 a.m. • Prenatal Yoga with Marlene
11:15 a.m.-12:30 p.m. • Postnatal Yoga with Marlene
Saturdays: 8:15-10 a.m. • Ashtanga Yoga with Jonathan

Yoga Beyond Fitness Classes, Workshops, and Retreats with Ema Stefanova • $150 for ten weeks of classes. Early registration discounts are often offered for workshops and retreats. For more information, call 665-7801; www.YogaAndMeditation.com.
Beginning Yoga • Tuesdays 4:30-5:30 p.m. • Introductory class for students new to yoga or new to classical Satyananda style yoga.
Open Level Yoga • Sundays 7:30-8:45 p.m., Mondays 6:10-7:25 p.m., Wednesdays 9:15-10:30 a.m. • This class will peacefully energize you and enable you to develop a healthy body and a stress-free personality. Bneginnig and continuing students welcome.
Gentle Yoga • Monday Noon-1 p.m.
Yoga for Runners and Athletes • Wednesdays 4:30-5:30 p.m.
Prenatal Yoga • Mondays 10:15-11:30 a.m.
Mommies Do Yoga, Daddies, Too • Mondays 9-10 a.m., Wednesdays 10:40-11:40 a.m. • Adult yoga class that lovingly welcomes and educates babies, toddlers, and young children.
Yoga and Meditation Days • May 3, 10, 17, July 12, 19, Aug. 9; 9:30 a.m.-3 p.m. • Experience and learn healing yoga and meditation practices and information not available at gyms or yoga studios. Yoga of subtlety and refinement can help you manage health and stress, as well as reach important personal goals. Each day has a specific focus. $120.
Yoga Therapy Seminars • Saturday 2-6:30 p.m. and Sunday 9:30 a.m.-3 p.m.: May 2-3, May 9-10, May 16-17, July 11-12, July 18-19, Aug. 8-9 • Yoga therapy workshop and practice of common and lesser known esoteric yoga and meditation will be introduced. Audio and printed literature will be supplied. Topics range from yoga for anxiety and depression, women's health, hypertension, etc. $240.
Yoga Therapy Workshops • May 2: Yoga for Allergies, May 9: Yoga for Anxiety and Depression, May 16: Yoga for Anti-Aging, July 11: Yoga for Cancer Patients, July 18: Yoga for the Digestive System, Aug. 8: Yoga for Pain Relief; 2-4 p.m. • $60 each.
In Depth Yoga, Meditation, and Yoga Therapy Studies • May-August • Learn how authentic yoga, meditation, and yoga therapy work, their origins and applications. Unique and comprehensive guidance and information for health professionals and other serious candidates.

The Crazy Wisdom Calendar will be posted online starting May 6, 2009, at crazywisdom.net.

The Crazy Wisdom Calendar

Yoga (continued)

Yoga Beyond Fitness: Healthy Lifestyle Retreats at the Vivekananda Yoga Monastery • May 29-31, June 26-28, July 22-26, Aug. 14-16 • Immerse yourself in a community of people devoted to personal growth and selfless service. Experience true yoga, meditation, deep relaxation, and breathing techniques, and get inspired to heal and transform. Beginners welcome. $375 for three days or $595 for five days.

Yoga, Swimming, and Hiking in Macedonia, Europe • June 9-15 • Experience peace and relaxation surrounded by ancient monuments of literary history and culture, and the most beautiful ecologically clean mountains and glacier Lake Ohrid. $1,695 with airfare not included.

Prenatal Yoga/Basic Yoga with Carrie Honore • First and Third Saturdays of each month, 12:30-1:45 p.m. • Yoga can help soothe aches and pains, reduce stress, and help prepare your body and mind for the upcoming events of labor and delivery, and the demands of motherhood. You'll learn to relax on command, keep a positive outlook, and clear your mind of stress and anxiety. $13 walk-in or purchase a package of classes. Call Evolve Yoga at 454-9642; www.evolve-yoga.net.

Intro to Basic Yoga with Lois Gannon • April 25, 28, May 5, 7:15-8:30 p.m. • Three-week class designed to introduce yoga to those with little or no experience or those who want to broaden their yoga knowledge. We will learn about yoga's origins, the benefits of yoga, various breathing and centering practices, terminology, and basic postures. $30 for three classes. Call Evolve Yoga at 454-9642; www.evolve-yoga.net.

Yoga Classes and Retreats at Song of the Morning Yoga Retreat Center • Early registration discounts sometimes offered. For times, call Matt at 989-983-4107; www.goldenlotus.org.

Kundalini Yoga Retreat: The Yoga of Awareness with Billie Wahlen • May 15-17 • An uplifting and energizing experience, including beautiful nature walks, gong meditations, and early morning sadhana. $108 plus food and lodging (only $40 per night). Call 276-6520.

TriYoga with Kali Ray • June 19-22 • TriYoga includes the full range of traditional yoga practices and will be presented systematically. In Yogaflow, breath and focus are synchronized, with flowing, sustained postures. Classes include breathing practices, concentration techniques, and meditation. $175.

Thai Vinyasa with Lucile Palancher and Anton Simper • May 16-17 or June 27-28 • Thai Vinyasa is a revolutionary fusion of universal core yoga, including Thai massage and energy medicine that taps into the field of the healer-warrior matrix. You will learn new ways to integrate these three primary paths to total health and wellness and move into a vibrantly healthier you. $350.

Tapping Into Your Unlimited Potential through Yoga with Jim Pero • May 22-24 • Reconnect with your higher self and be reminded of your infinite perfection. Join us for a weekend of restorative yoga, meditation, and inspiring discussions. $120.

Yoga, Yogananda, Three Hour Meditation, and Evening Kirtan with Ian Wylie and Staff • May 23 or Aug. 29 • Join us for 75 minutes of hatha yoga, followed by brunch, an introduction to yoga philosophy, the basics of meditation, and the life of Yogananda. After dinner, we will have a shrine walk and kirtan with meditation. Love offering for the activities. $5.50 brunch and $7.50 dinner.

Yoga, Babaji, Three Hour Meditation, and Evening Kirtan with Ian Wylie and Staff • July 25 • Babaji Commemoration Day includes a lecture on Babaji and a simple ceremony at the three hour and evening meditation. Love offering for the activities. $5.50 brunch and $7.50 dinner.

Yoga, Hiking, and Tai Chi with Patty Sutherland and Dave Dixson • June 26-28, July 17-19 or Aug. 7-9 • Choose from a variety of activities with various levels of intensity for your weekend of enjoyment. Refresh and invigorate with a four or nine mile hike, gentle shrine walks, two styles of yoga, tai chi, swimming, and stargazing. Participate in as many or as few activities as you desire. $50.

Golden Lotus Yoga Teachers Association Yoga Intensive • May 29-31 or Aug. 7-9 • Join the GLYTA for a transforming and awakening workshop that offers an in-depth experience of the ancient science of yoga. This Raja Yoga program will give participants methods to enhance physical, mental, and spiritual well being. As an experiential program, this workshop will take the participant from easy practice to a profound experience of well being and self realization. $135.

Pain-free Trail Running and Power Yoga with Scott Hadley and Patty Sutherland • Aug. 28-30 • We've created a utopian weekend for avid runner and yoga enthusiasts seeking balance: three trail runs, two power yoga classes, and three classes offering a revolutionary approach to restoring your body's natural balance and preventing injuries while running. You will learn about imbalances in your muscles and restrictions that impact your joints, the perfect warm-up and cool-down strategy, and simple techniques to help prevent injuries. $200 all inclusive.

Yoga at Zen Buddhist Temple of Ann Arbor • Classes fill quickly, so early registration is recommended. $60 for six sessions. For more information, call 761-6520; annarbor@zenbuddhisttemple.org.

Yoga I and II • Six Tuesdays beginning May 26, 6:30-8 p.m.; Yoga II is also beginning July 7

Yoga of Recovery • Six Wednesdays beginning May 6, 6-8 p.m. • Work with the body, breath, mind, diet, and relaxation for those facing the challenge of addiction.

Yoga II • Six Thursdays beginning May 28 and July 16, 6:30-8 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization, and combine that experience with meditation training.

Yoga Retreat/Workshop with David Black • June 6, 10 a.m.-4 p.m. • $75.

Ann Arbor Book Festival

May 15th-17th

STREET FAIR
SAT. MAY 16th
Ingalls Mall between Burton Tower
and the Michigan League

Authors
Family Activities

ANN ARBOR BOOK FESTIVAL

Panels
Writer's Conference

Lots of events! Look for details at
www.aabookfestival.org

Crazy Wisdom Community Journal

Where Do We Distribute The Crazy Wisdom Community Journal?

5,500 copies of *The Crazy Wisdom Community Journal* are distributed to more than 65 locations in the Ann Arbor area, including Crazy Wisdom Bookstore, Whole Foods, Castle Remedies at the Parkway Center, the Food Co-op, Kerrytown, Nicola's, Bioenergy Medical Center, the Zen Temple, Shaman Drum, Sweetwater, the Michigan Union, the Ann Arbor Institute of Massage Therapy, North Campus Commons, Arbor Farms, In Touch Therapeutic Massage, Complete Chiropractic, Sun Moon Yoga, Yoga Space, Mothering Arts Center, the Lighthouse Center, Jewel Heart, Flaming Jewel, Peaceful Dragon School, Deep Spring Center, and the Weber Center. We also distribute to the offices of many doctors, holistic health care providers and therapists

.

If you'd like us to bring copies of The Community Journal to your office, studio or center, please call us at 734-665-2757 or email: bill@crazywisdom.net.

Background Info on the Teachers and the Centers

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed ***in this current issue*** of the ***Crazy Wisdom Calendar***. If you are a holistic practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. **Go to annarborholistic.com.**

Aaron is "a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition."

Linda Adamcz, LMSW, has worked as an individual therapist, group facilitator, and case manager in the field of mental health for over 20 years. She is certified as a practitioner of Integrative Breathwork and Psycho-Spiritual Integration with Eupsychia Institute for 12 years.

Laurie Akerros, MA, LMT, is a teaching member of the Worldwide International Network of Esoteric Healing Group and has 25 years training and experience in holistic healing medicine. Her formal education was in psychology and she is also a bodyworker, craniosacral therapist, energy healer, and vibrational essence therapist.

Layla Ananda is a local psychotherapist, musician, intuitive, and spiritual teacher.

Michael Andes has participated in and/or initiated several communities and is writing a memoir of his experiences.

Ann Arbor Swing Dance Association (AASDA) promotes and sponsors traditional swing dances with roots in the decades of 1920-1940's such as charleston, lindy hop, collegiate shag, east coast swing, balboa, and blues.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified phoenix rising yoga therapy practitioner and kripalu yoga teacher, and has taught connected breathing for over 25 years. She is a certified transformational breath facilitator.

Gail Balden teaches writing workshops and writes a monthly column on life in a small town. She grew up in Dexter and lives on the Oregon coast.

Jeannie Ballew is a local book coach, editor, and writer.

Ann Barden has been practicing Vipassana and teaching for many years. She trained with Barbara Brodsky and lives in Ann Arbor and San Miguel de Allende, Mexico.

Barony of Cynnabar is the local branch of the Society for Creative Anachronism, an international educational organization that researches then recreates the arts, sciences, and technology of pre-17th century Europe.

Robin Becker is a professional dancer and choreographer who began studying Continuum in 1992. She became an authorized teacher in 2001 and has extensive training in classical and modern dance, numerous exercise systems, 20 years of study within the Sufi tradition, and Mariel healing energy.

Deanne Bednar is a natural building and sustainable skills educator, and illustrator of three natural building books, including *The Hand-Sculpted House*.

Dave Bell is an Interfaith minister who founded the Interfaith Center for Spiritual Growth in 1998 to honor the Truth found in all religious traditions.

Don Bennett is a disease avoidance specialist, director of Health 101 Institute, and author of *Avoiding Degenerative Disease*.

Linda Berry, DC, is a chiropractor with 25 years experience in applied kinesiology, diet, nutrition, and integrative health care.

Cate Biddinger, MA, is a professional counselor and registered nurse. She owns Noeticus Counseling Services and has been in the mental/behavioral health field for over 16 years.

Laurie Blakeney is an advanced certified Iyengar yoga instructor and has been teaching in Ann Arbor since 1977.

Chrissie Blaze is a presenter, regular media guest, and co-author of *Power Prayer*.

Gary Blaze is a Qi Gong practitioner, healing instructor, presenter, regular media guest, and co-author of *Power Prayer*.

Carol Blotter has been practicing Vipassana meditation since 1989 and has been teaching since 1999. She is a teacher for The Forest Way, an organization dedicated to providing retreat opportunies conducive to spiritual growth, and for Deep Spring Center.

Body-Mind-Spirit Wellness Center is home to some of the area's finest alternative practitioners, instructors, counselors, and therapists.

Michele Bond began practicing yoga in her teens and continues to be inspired by her teacher, John Friend, the founder of Anusara Yoga. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Cristo Bowers, BA, is a certified hypnotherapist through Institute of Transformational Hypnotherapy. He has studied world religions and spirituality for 15 years with a focus on Hinduism, Buddhism, and Theosophy, and has practiced meditation for ten years.

Father Peter Bowes is a Christian master and teacher, mystic, and songwriter. He was rated one of the top ten internet gurus by Enlightenment Next.

Susan Boyes, MA, ATR-BC, LPC, works part time at a clinic and runs her own private art therapy practice. She is a board certified art therapist and is a licensed professional counselor in the state of Michigan.

Kathy Braun is a Certified Clinical Hypnotherapist.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies.

Patty Brennan, director of Center for the Childbearing Year, has been an advocate for childbearing families for over 25 years as a childbirth educator, doula, and midwife. Her books include *Whole Family Recipes: For the Childbearing Year & Beyond*, *Guide to Homeopathic Remedies for the Birth Bag*, and *Vaccines & Informed Choices* (2009).

Barbara Brodsky is the founding teacher of Deep Spring Center and has been practicing meditation since 1960. Teaching since 1989, she draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and is also a channel for the spirit, Aaron.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer.

William Carvao Brown, Jr. has been training Capoeira for over 12 years.

Vivian Broughton is a facilitator and trainer of systemic family constellations, a Gestalt therapist, an author, and director/founder of Constellation Work Trainings in Somerset, UK.

Suzi Brundage is a Limited License Psychologist, Reiki Master, Rising Star teacher, Prema Birthing practitioner, workshop facilitator, Donna Eden Energy Medicine student, and Quantum Energetic Pulse Technique practitioner.

Nancy Buono, BFRP, Director of Bach Flower International Education for North America, is a Bach Foundation Registered Practitioner with over 25 years experience.

Dave Capraro is organizer of the Michigan Branch of the Aetherius Society for over 20 years.

Kapila Castoldi is a physicist and artist who has studied meditation under the guidance of Indian spiritual teacher Sri Chinmoy for 23 years.

Center for the Childbearing Year offers contemporary birth preparation, comprehensive breastfeeding support, DONA International birth and postpartum doula workshops leading to professional certification, continuing education programs for professionals, holistic approaches, lending library, and community resources.

Barb Christensen Sensei has a background in Aikido and Shudokan Karate, 6th degree black belt Shorin RYU Karate.

Stefanie Cohen is an independent dance/movement artist and teaches and performs throughout the U.S. Having completed a 1998 Authentic Movement training, she facilitates workshops and works with groups and individuals.

Core Members have at least five years experience with trance/journey work.

Tammy Corwin-Renner's current favorite song is Be True by Terry Garthwaite: "Your heart will never break if your life is what you make it. Take it in your hands, let your spirit dance. Your dreams are coming true when you're loving what you're doing. To yourself be true, your heart is calling you."

Dorothy Ann Coyne has been a practitioner of yoga and meditation since 1971. She is a certified kripalu yoga teacher and senior teacher of meditation for Deep Spring Center.

Katie Cramer is a board certified music therapist.

Judy Crookes is a concious channel who brings through the energy of Jacob, who "has the ability to love and empower people through group work, meditations, ceremonies, and personal intensives with individuals".

Jim Crowfoot is Dean Emeritus of the School of Natural Resources and the Environment at the University of MI.

Larissa Czuchnowsky is a middle school teacher.

Mai Datta has 20 years experience in meditation and various styles of yoga. Her 2008 yoga camps at Matthaei Botanical Gardens were met with great success.

Kristi Davis has an MA in transpersonal drama therapy studies and psychoneuroimmunology and is a registered drama therapist candidate.

Rob Davis is one of the premier thangka painters in America.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

Joan Delaplane, OP, is a Dominican sister from Adrian with extensive experience preaching workshops for Catholic and Protestant clergy and laity. She taught Homiletics at Aquinas Institute in St. Louis for 25 years.

LaRene Dell, ND and Reiki master, is an experienced teacher in alternative health, trauma recovery, and meditation.

Teachers, Lecturers, Workshop Leaders and the Centers

Matt Demmon is a landscaper and aspiring farmer who lives in Northfield Township with his partner, dogs, chickens, and mushrooms.

Ronda Pretzlaff Diegel, PhD, LP, RYT, is a licensed psychologist, school psychologist, Enneagram teacher, and yoga instructor.

Dave Dixson is a tai chi master and member of the Martial Arts Hall of Fame.

Anne Duffy is a holistic therapies educator and spiritual growth facilitator.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, educator, and developmental psychologist. She is co-founder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism and offering shamanic healing.

Dori Edwards co-directed Like Water Drum and Dance and has studied dance at conferences around the U.S. and in West Africa. She creates a learning environment where beginning students are nurtured and advanced students are challenged.

Connie Lee Eiland has been a shamanic practitioner since 2000 and trained with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, and Herb Stevenson.

Mindy Eisenberg, MHSA, RYT 500, offers yoga therapy to clients with MS and other health challenges.

Diane Evans has specializd in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt is a local author, teacher, and private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing cranialsacral therapy, polarity therapy, massage, and herbology, and has written three books.

Patricia Fero, LMSW, is a psychotherapist in private practice, regional coordinator for Gather the Women Global Matrix, and author of *What Happens When Women Wake Up?* and *Mining for Diamonds*.

John Fielder, DO, DC, ND, has been a sutdent and teacher of natural health care for over 40 years. He runs the Clohesy River Health Farm and the Academy of Natural Living in Australia, and offers lectures in the use of raw foods and natural living.

Bon Rose Fine, a student of astrology since 1993, now writes, consults, teaches, lectures, and continues to learn about how the condition of the universe correlates to circumstances on earth. She is president of Southeast Michigan Astrologers' Round Table.

Kathi Finney has extensive experience in meditation, astrology, crystal healing, intuitive healing, and women's empowerment with advanced training in esoteric healing.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998.

Jennifer Flowers is a Reiki master, teacher, massage therapist, and mother of five.

Deb Foggio is a psychic counselor, life coach, and trained facilitator in systemic family constellations.

Marcella Fox is an intuitive and channel with extensive training in shamanism in Peru, the U.S., and Canada, and is a Reiki Master.

John Friedlander is a psychic, teacher, and author of *Basic Psychic Development: A User's Guide to Auras, Chakras, & Clairvoyance* with Gloria Hemsher. He holds degrees from Duke University and Harvard Law School.

Melanie Fuscaldo, LPC, NCC, is a licensed professional counselor with a national counseling certification.

Lois Gannon, MSW, SYT, has practiced yoga for ten years.

Christopher Michael George has been a vocalist and performer for 20 years.

Jennifer (Jenabah) Giacomelli received certification from the Desert Institute of the Healing Arts in Tucson in 1997. She worked at the resort/spa Miraval and became certified in Nuad Bo-Rarn Thai massage in Thailand. She is also co-founder of and instructor at Tree of Life Cultural Arts Studio in Chelsea.

Ann-Margaret Giovino is a postural alignment specialist certified by Egoscue.

Curtis Glatter is a composer, improviser, percussionist, and local musician.

Ray O. Golden, MSE, Reiki Master, is founder of Center for Intuitive Health and teacher of Reiki and intuitive development, and has worked with Michael Silverman, Brenda Morgan, and Gabriel Cousens.

Kay Gould-Caskey is the founder/owner of The Center for Creative Pursuits and has been teaching art and spiritual development since 1970.

Jocelyn Granger is founder and director of AAIMT. Since 1982, she has had extensive training in various therapeutic massage modalities.

Great Lakes Center for Healing Touch Student Training Clinic is a non-profit organization dedicated to providing the benefits of Healing Touch to the community and assisting students of Healing Touch become certified practitioners.

Alice Greminger has specialized in empowering people through Alexander Technique since 1985.

Lynn Gronlund is an ACE certified personal trainer and martial artist.

Scott Hadley, PhD, DPT, is co-founder of PT360 Physical Therapy in Grand Rapids.

Nirmala Nancy Hanke, MD, is a longtime meditator and teacher of meditation at the Lighthouse Center in Whitmore Lake. She is also a psychiatrist.

Joanna Hastings, a playwright and actor, is Head of School at Summers-Knoll School in Ann Arbor.

Elizabeth Hazel is an astrologer, tarorist, and author, and released her original *Whispering Tarot* set in 2008.

Lisa Hesse is a certified RYT yoga instructor, coach, and personal trainer.

Sierra Hillebrand, MA, TLLP, is a psychotherapist, midwife, and educator who has provided clinical services to women and families since 1997.

Dan Hoffman is a Certified Massage Therapist who practices martial arts and standing meditation.

Carrie Honore, RYT, MT, is a dedicated student of yoga.

Lisa Howard is a culinary author, food coach, and creator of the cultured cook.com.

Nina Howard is a facelift massage specialist, facelift massage master trainer, massage therapist, para medical esthetician, polarity therapy practitioner, artist, and owner of Bellanina Day Spa and Institute.

Dennis Hunt has attended three seminars at Integral Institute and has read many of Ken Wilber's books.

Elizabeth Hurwitz is an elder law attorney in Ann Arbor and is admitted to practice in Michigan and New York.

Rev. Lela Iduna is a priest in the mystical Christian order called Centers of Light in Lansing.

Molly Ann Indura is a channel who helps her clients clear issues that are energetic, physical, mental, emotional, and karmic in nature. She is also a Kabbalist, adept, and teacher.

Liz Jelinek, MA, LLP, has studied astrology since 1967 and holds a Master's degree in psychology. An avid teacher, lecturer, writer, and student, she is working on an astrology book for beginners.

Dale Jensen, GCFP, is a Guild Certified Feldenkrais Practitioner.

Kim Johnson, RYT 200, is a certified Registered Yoga Teacher and runner.

George Johnston graduated from Yale University in 1956 with an honors degree in philosophy, and has taught yoga and meditation since 1962.

Mary Ann Johnston is a practicing healer/occupational therapist, and author of *Sustained Faith* and *Messages from Jesus*.

Shaqe Kalaj is a teaching artist that was awarded a fellowship from VSA Arts National in 2008-09.

Sheila Kern received her cosmetology license in California in 1982. She now teaches and runs the daily operations of the Bellanina Institute and is licensed in the state of Michigan.

Karen Kerns, RPP, is a registered polarity practitioner and massage therapist in practice for 20 years, teaching at the Polarity Center.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

A-tsal Khandro has been a body-oriented psychotherapist for 20 years and practices and teaches the Yogas of Tibet.

Tsochen Khandro is a Buddhist Rinpoche of the ancient Tibetan Nyingmapa tradition.

Annie Kopko is an ordained Interfaith minister who leads meditation services and officiates at Sunday celebrations of the Interfaith Center for Spiritual Growth.

Dave and Pat Krajovic, founders of The Global Breath Institute, are certified transformational breath facilitators, nationally certified massage therapists, and have advanced training in craniosacral therapy, pranic healing, and esoteric healing.

Adam Kripke is a tea connoisseur.

Nick Kumar is a longtime member and devoted student of Yogananda.

Leo Leo, PhD, is an entrepreneur/businessman who began studying the application of astro-cycles to economies and markets over ten years ago.

Eva Leventer is a painter and certified art teacher. She earned her teaching certificate at EMU and incorporates nature, Waldorf influences, sculpture, ceramics, drawing, and painting into her classes.

Frank Levey is a certified transformational breathwork facilitator and has taught meditation for over 15 years. He is also a student of Tom Brown.

Roughhousing for Kids --- Questions for Chris Barbeau

Stunt Coordinator, martial artist and theater director Chris Barbeau leads classes called *Roughhousing for Kids 101*. His classes are offered by Indigo Forest: www.visitindigo.com

How many kids do you have? And what ages?

I've got two boys, Jianmarco almost 9 and Marcellin 6.

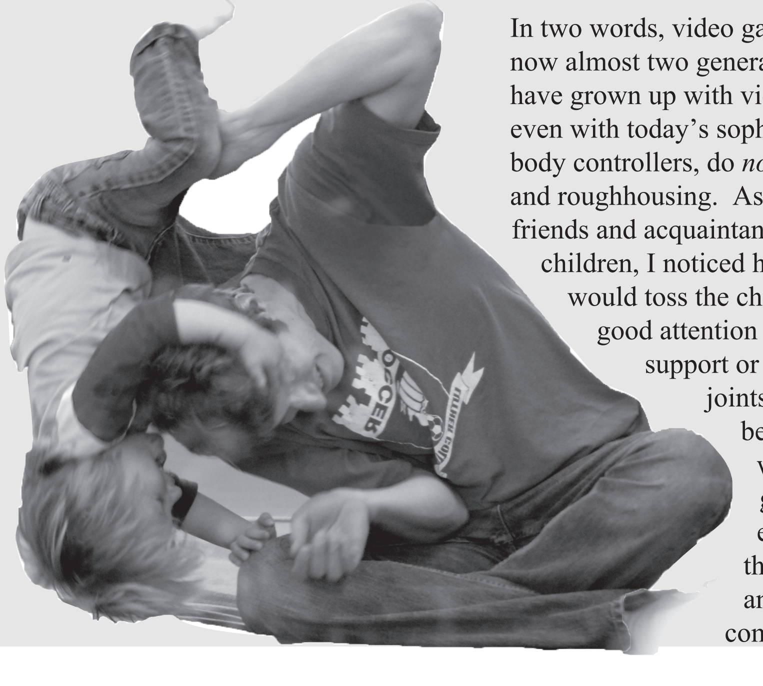
Were you a very physical kid? What stuff did you like to do --- sports, outdoor things, wrestling...?

I actually had allergy-induced asthma between 4 and about 9, so I had a little making up to do. I got into fencing and martial arts around 11, and I was active in sports, including tennis and track, during high school. Wrestling with my dad was the one physical activity that I could do no matter. He grew up a rough-and-tumble guy who could bench over 450 pounds. Didn't matter how hard I (and my younger sister) tried, we would find ourselves tossed, flipped, spun and pinned like so many ragdolls, and because of the control his amazing strength allowed, I can't recall ever being injured.

I loved watching (fake) heavyweight wrestling on TV when I was young. In the northeast, in the 1960's, I could watch Haystacks Calhoun, Killer Kowalski, Gorilla Monsoon and Bruno Summartino. Did you watch it when you were a boy? Did you like it? If so, can you put into words why you liked it? If not, don't tell me why, since I already know it was fake and incredibly stupid. Still, I was a kid, and I liked it.

I rarely watched them even as a child; the conflicts between the fighters were very stilted and the moves seemed impractical and contrived. However, the lack of an interesting back-story for their fights was probably the main reason. The performers who put as much time in on their characters as on their choreography were the most interesting – to this day I enjoy telling my students about how Hulk Hogan built a saga around his comebacks and how that made the fighting much more engaging. I do, upon occasion, now watch them for professional reasons as the art has gotten incredibly acrobatic.

I love roughhousing with my six year old daughter, Leela, and she loves it more than I do. What was the seed of your idea to create classes and workshops on the topic?



In two words, video games! There are now almost two generations of men that have grown up with video games, which even with today's sophisticated, full body controllers, do *not* teach wrestling and roughhousing. As my younger friends and acquaintances started having children, I noticed how the fathers would toss the children without good attention to neck and back support or care for young joints that needed to be protected during wrestling. Video games actually encourage moves that are dangerous and I wasn't comfortable telling them what they were doing wrong, especially since the moms were clearly on edge already.

Tell us about what you do in your roughhousing classes.

I teach a number of techniques that I've drawn from my study of Aikido to help fathers maximize their own strength. Awareness of certain biomechanical evolutions can allow them to move their children around with greater control and dexterity. Then we talk about children's joints, and how to preserve them from too much strain and we talk about neurological benefits to certain ways of moving children and of holding them. I've worked with a neurologist to identify benefits to spins, tosses and suspensions that help to make a child more comfortable in their body for the rest of their lives. My work is to provide a safe and exciting experience for one and all!

Are some parents hesitant to roughhouse?

At first there is some hesitation and uncertainty, but they quickly are able to employ the techniques, and their children's enjoyment quickly removes any unease.

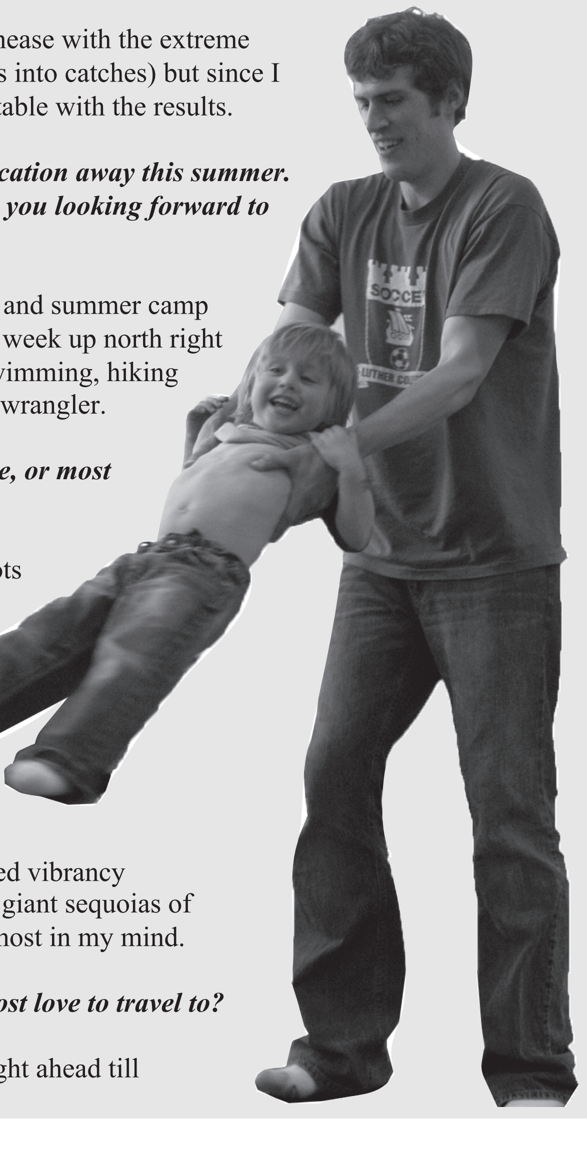
With kids who naturally like to roughhouse and be physical, a class devoted to roughhousing would be pure fun. But I can see a situation where a child who is less inclined to be physically vigorous or to play hard (physically) might be intimidated or shy about participating fully in roughhousing. Talk about that, please.

Some kids love giant swings right off the bat and others prefer techniques that involve more comfortable body contact. We have nice thick pads and I teach enough different possibilities that the even the reticent child quickly finds a few that are comfortable and enjoyable.

What is most fun and satisfying about your roughhousing classes?

I get to spend time with my kids (who are my assistants) and the nods and smiles from moms who stay to watch as the fathers "get it" about how to handle their kids.

Does your wife ever tell you to "take it easy" on the kids? Or does she like to roughhouse, too?



She has masked her occasional unease with the extreme moves (giant swings with releases into catches) but since I haven't missed yet, she's comfortable with the results.

Is your family going to take a vacation away this summer. Where will you go, and what are you looking forward to doing?

Summer is my busy performance and summer camp season, so we're trying for a nice week up north right after school lets out with some swimming, hiking and a little off-roading in my '95 wrangler.

Where is the coolest, most remote, or most exotic place you've been to?

I've had the fortune to travel to lots of different places and one of the coolest locations I've ever found was an ancient temple under a graveyard in Italy. The energy of the place was amazing. However, from Bombay to Norway to Hawaii, the deep-rooted vibrancy and temple-like tranquility of the giant sequoias of northern California remains foremost in my mind.

What distant place would you most love to travel to?

Second star on the right and straight ahead till morn…

Teachers, Lecturers, Workshop Leaders and the Centers

Myra Lewin, owner of Maui Yoga and Ayurveda in Maui, Hawaii, is a spiritual guide and longtime teacher.

Ellen Livingston, MAT, RYT, owner of Living Yoga LLC, is a healthy lifestyles advocate, coach, and registered yoga teacher. She has thrived on a raw, vegan diet for over seven years and has trained in raw food nutrition.

Laura MacKimmie, MS, is a life coach, eco coach, water aerobics instructor, and former psychiatric emergency clinician.

Gloria Marshall has a keen interest in Native American spirituality and shamanism and has studied with several shamanic teachers. She is also trained in Reiki and animal communication.

Sara Martens is the admissions and academic coordinator at AAIMT and also a graduate.

Barb McConnell, LPN, CHTP/I, is a licensed practical nurse and Certified Healing Touch Practitioner with over 30 years experience in clinical, industrial nursing, with a private practice in Grass Lake.

Jane McLaren is a trained facilitator in systemic family constellations and an avatar master.

Edwin McLeod, author of *Feed the Soil*, worked with organic and biodynamic farmers in California and Europe for seven years, and currently teaches high school biology.

Spencer Michaud is a local musician.

Brady Mikusko, LMSW, is a certified life coach and divorce coach who began using her training in Emotional Freedom Technique in 2005.

Motive Peace is a non-profit organization dedicated to motivating and transforming individuals to be responsible, peaceful world citizens with a commitment to building just, compassionate, non-violent communities. The camp directors and lead staff are experienced in child care, education, camping, counseling, meditation, and peace action.

Mukti has been a student of Adyashanti since he began teaching in 1996 and is now his wife. Together, they founded Open Gate Sangha and both teach non-dual Zen-flavored teachings.

Joanna Myers, GCFP, is a Guild Certifed Feldenkrais Teacher whose emphasis is helping individuals reach new levels of ease and skill in everyday movement.

Irena Nagler is director and performer with Nightfire Dance Theater and teaches creative and environmental dance and community events since 1987.

Ramesh Narula has been meditating and practicing yoga for over 50 years and has lead seminars for decades.

North Ann Arbor Transition Team is part of the Transition Ann Arbor Initiative.

Jon Oda is the founder of the California-based company Tea Alchemy.

Sondra O'Donnell, RYT 500, is a certified Registered Yoga Teacher and yoga therapist, and runs the Sun Moon yoga teacher certification program recognized by the Yoga Alliance.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. He has been teaching meditation since 1979 and lives in North Carolina where he does transpersonal counseling and teaches at Duke University.

Dr. Nirmala Nancy Hanke is a psychiatrist, and a teacher of meditation at the Lighthouse Center in Whitmore Lake.

Trinle Ozer is a young Buddhist retreat yogi and teacher of Tibetan yoga systems.

Glenn Pailthorp is a clairvoyant certified in hypnotherapy and neuro-linguistic programming for 15 years.

Craig Parian trained at the Internal School of Shiatsu and has extensively studied yoga philosophy and Himalayan bowl healing.

Genie Parker has trained and taught Wu style tai chi chuan for over 20 years.

Linda Peck is a devotee and student of Sri Dattatreya Siva Baba.

Jim Pero is the founder and owner of Rising Sun Yoga in Southgate.

Dan Piccolo is an accomplished local musician.

Tom Pilarzyk is a social scientist, college administrator, and yoga instructor in Milwaukee.

Polaris Fellowship of Weapon Study is a gathering of people who find support in following their true path through the shared study of self defense and martial arts.

Jim Powell and **Beth Wortzel** regularly play for Ammachi and have been leading retreats for years.

Rev. Dr. Charlene Proctor is the author of *Let Your Goddess Grow*, *Seven Spiritual Lessons on Female Power and Positive Thinking*, and *The Women's Book of Empowerment: 323 Affirmations that Change Everyday Problems into Moments of Potential*. She is the founder of The Goddess Network, an on-line educational resource for topics on spiritual growth, positive thinking, and Oneness.

Samm Pryce is a naturopathic physician recently moved to Ann Arbor after successfully starting practices in two other states.

Diana Christoff Quinn, ND, is a licensed Naturopathic physician specializing in women's health, endocrinology, and chronic illness. She has a private practice in Ann Arbor where she offers holistic approaches to healing and wellness.

Kali Ray is the founder of TriYoga.

Anuja Rejandra, along with her two sisters, studied with Bharat Natyam, a classical Indian dance style over 4,000 years old. The Rajendra Sisters graduated to a professional level, giving their stage debut, when Anuja was only twelve years old.

Ita Reyes has practiced yoga for five years.

Natasha Richardson, certified in Beth Rigby's Yoga Meets Dance, has been teaching, dancing, and practicing yoga for 12 years.

Gelek Rimpoche is the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of contemporary western culture allows him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Traktung Rinpoche is an American born master of Tantric Buddhism and the founder and Lama at Tsogyelgar Dharma Center.

Barbara Robertson is director/owner of the Breastfeeding Center in Ann Arbor, board certified lactation consultant, and breastfeeding educator.

Robin Robinson is the director and teacher of Robinsons for Kids Center. She recently moved to Ann Arbor from New York City where she taught Music Together for eight years.

Martha Ross is a graduate of Schoolcraft Culinary Program.

Anita Rubin-Meiller, LMSW and **Dawn McCalla**, LMSW, have worked in the field of addiction and trauma for over 25 years. Together, they have facilitated Tapestries, a 15-week group for survivors of sexual trauma, for seven years.

Jonathan Rudinger, RN, LMT, founder of PetMassage, has facilitated over 100 canine massage workshops and has created home study canine massage programs.

Renee Rutz teaches and practices bodywork in Ann Arbor since 1990.

Sally Rutzky holds an introductory certificate in yoga and has taught for 26 years.

Sahaja meditation teachers have been practicing Sahaja for ten to 18 years and are accomplished in self realization.

Sue Salaniuk holds a Junior Intermediate III certificate in yoga and has taught for 20 years.

Steve Sandner and **Peggy Braden** are professional musicians and longtime members who formed Bhavanand.

Lee Schaberg is certified in the level one course in Fiji by Oneness University.

Mary Seibert, RN, has been a nurse for 28 years. She is a Board Certified Holistic Nurse and a Certifed Healing Touch Practitioner.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a non-profit organization near Lansing. Its aim is to give support to those struggling or suffering on any level and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Teachers, Lecturers, Workshop Leaders and the Centers

Elizabeth Shadigian, MD, is a board certified OB/Gyn, teacher, researcher, and consultant specializing in the safety and well being of women. She founded the Battered Women and Children's Memorial Garden and recently opened her private practice, Woman Safe Health.

Sarah Ann Sharkey, OP, is an Adrian Dominican and faculty member at Oblate School of Theology in San Antonio where she teaches scripture.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits, aptitudes, career, relationships, business, wealth, and well-being, as well as all other aspects of life.

Karlta Zarley is a Registered Nurse and Certified Healing Touch Practitioner. She is also a professional healer, educator and spiritual director.

Laura Shope, MFA, CPC, is the founder and creative director of Bluefire Institute, a coaching, consulting, and experiential services organization specializing in the design and implementation of personal and professional visions for lives, businesses, and physical structures that incorporate the value of sustainability.

Lynn Shuck, E-RYT, has been practicing yoga for 19 years and teaching yoga for 13 years. In 1999, she began teaching prenatal yoga.

Caryn Simon is a certified birth doula and creatrix of a line of mama and baby herbals named Artemisia. She lives on a little farm with her beloved just north of Ann Arbor.

Missy Siudara is 3rd degree black belt in Shorin Ryu Karate.

Donitza Smith has over 20 years experience as teacher and consultant for spiritual response therapy. She is a spiritual rebirthing coach and yoga instructor.

Michael W. Smith is from Temple University and is the author of several books about reading issues.

Song of the Morning Yoga Retreat Center is located in Vanderbilt, Michigan.

Southeast Michigan Astrologers' Round Table (SMART) is a chapter of the non-profit organization, NCGR (National Council for Geocosmic Studies).

Jamina Springer has been working in child care and education for over 18 years. She manufactures and sells baby carriers and slings through her company Nato Bello.

Paul Stamets is one of the foremost authorities on the biology of mushrooms and fungi.

Ema Stefanova, owner of Ann Arbor Yoga & Meditation, is a yoga and meditating master, yoga therapist, and teacher trainer since 1979. She teaches and guides in all aspects of holistic, therapeutic, and spiritual yoga and meditation tradition as carefully preserved by the Satyananda Yoga lineage.

Gari Stein is an active member of the early childhood community. Degreed in child development and dance, she has been an educator for 40 years and a music specialist for 15 years.

Judy Stone, CN, is a nutritionist with a practice devoted to helping people improve and maintain health with the goal of reducing or avoiding the risks, costs, and side effects of pharmaceutical medicine. She is founder of Nutrition Magician and author of *Take Two Apples and Call Me In the Morning: A Practical Guide to Using the Power of Food to Change Your Life*.

Leonardo Stoute has dedicated over 30 years to the study, sharing, and promotion of the traditional arts of the Minangkabau people of West Sumatra.

Kate Stroud is a certified birth doula, childbirth educator, certified massage therapist, belly caster, and mother of two.

Shining Lakes Grove is a local branch of Ar nDraiocht Fein, a Druid Fellowship, Inc. (ADF). They bring the philosophies of ADF to life at the grassroots level and introduce Pagan beliefs to the mainstream.

Nancy Anne Tappe has 35 years experience in the fields of metaphysics and parapsychology and has seen auras since she was a child.

Tanya Thunberg, RYT 200, is a certified Registered Yoga Teacher and runner.

Stephanie Tighe studied with the Foundation for Shamanic Studies and has been trained by Sandra Ingerman to teach shamanic healing techniques. She has been teaching and practicing shamanism for 20 years.

Transition Ann Arbor aims to ignite the Transition Towns movement locally through cultivating creative responses to the twin challenges of peak oil and climate change.

Tsogyelgar Dharma Center offers teachings and methods of the ancient practices of Tantric Buddhism. Founded in 1990 by students of Traktung Rinpoche, Tsogyelgar is seven acres of gardens and shrines.

Jody Tull is a certified therapeutic yoga instructor with 16 years teaching experience in Europe and the U.S. She teaches Sivananda yoga classes and has been teaching music and conducting choirs for 25 years.

Nancy Udow holds an introductory certificate in yoga and has taught for 12 years.

Natalia Vail, raised in Russia, performed dance professionally in Moscow, England, Canada, and the U.S.

Alje Van Hoorn has been a practicing business and life coach for four years and is a certified Master Neuro-Linguistic Programming Practitioner.

Violeta Viviano is a teacher in John Friedlander's system and an advanced student for nearly 20 years.

Cam Vozar, LMSW, LMFT, is a psychotherapist in private practice. He has worked with men and their families for over 20 years, has led and participated in numerous men's groups, and is a Level II EMDR certified therapist.

Billie Wahlen is a Kundalini yoga teacher in Ann Arbor.

Shannon Walter is an Ayurvedic practitioner, recognized nationally through NAMA and a RYT yoga teacher through Yoga Alliance.

Lou Weir has been doing "inner critic" work for more than ten years in the Ridhwan School's Diamond Approach to Realization. He has been a meditation student for over 15 years and works an an attorney.

Christia West is a graduate of AAIMT and has been practicing massage therapy since 1999. She is nationally certified through NCBTMB and has a private practice.

Suzy Wienckowski, Reiki master and Registered Massage Therapist, has 28 years experience in the healing arts. Reiki has been the focus of her work since 1993; she teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Eve Wilson has been a full time intuitive healer and trainer of healers since 1986.

Ryan Wilson has extensive experience and research in healing and martial arts and has been training students since 1998.

David Winfree has explored a wide range of spiritual practices and has significant experience in facilitating spiritual growth groups. He currently has a teaching ministry through the Interfaith Center.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a licensed professional counselor, a certified social worker, phoenix rising yoga therapy practitioner, kripalu yoga teacher, and a certified transformational breath facilitator.

Ian Wylie is the managing director of Song of the Morning Yoga Retreat Center.

Ann Zalek, BS, is a Nationally Certified Massage Therapist and Bodyworker, Certified Educator of Infant Massage, Certified Infant Massage Instructor, Certified Educator of Dunstan Baby Language, and Third Degree Reiki Master/Teacher. She is a graduate of AAIMT.

Christy Zarek, nationally certified through NCBTMB, is a graduate of AAIMT and has practiced massage for over five years. She has extensive training in Stone Therapy and her education derives from the LaStone method.

Karlta Zarley, RN, CHTP, has 28 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for ten years as a professional healer and educator, providing spiritual direction, energy work, colored light therapy, and patient advocacy.

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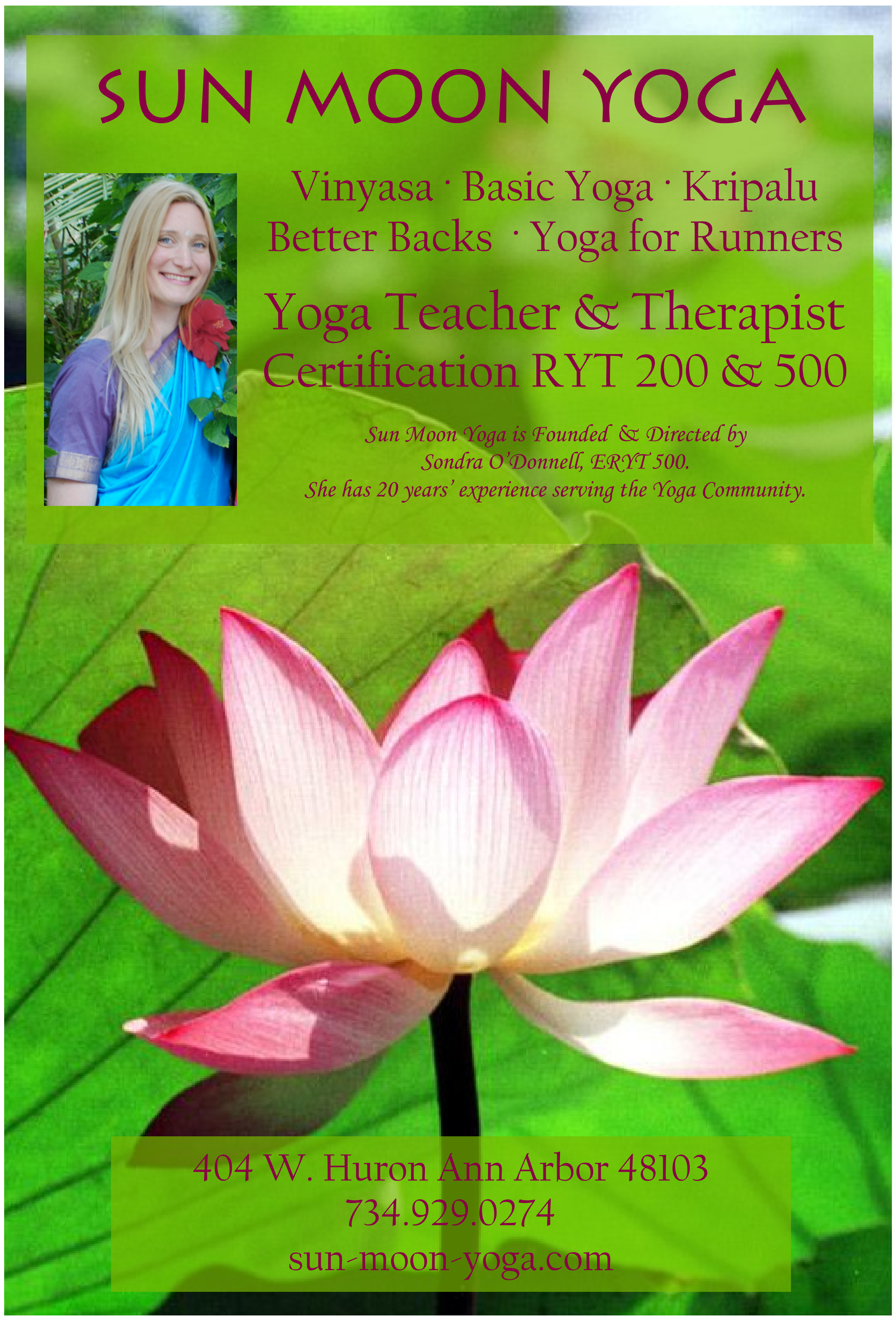
Go to:

www.annarborholistic.com



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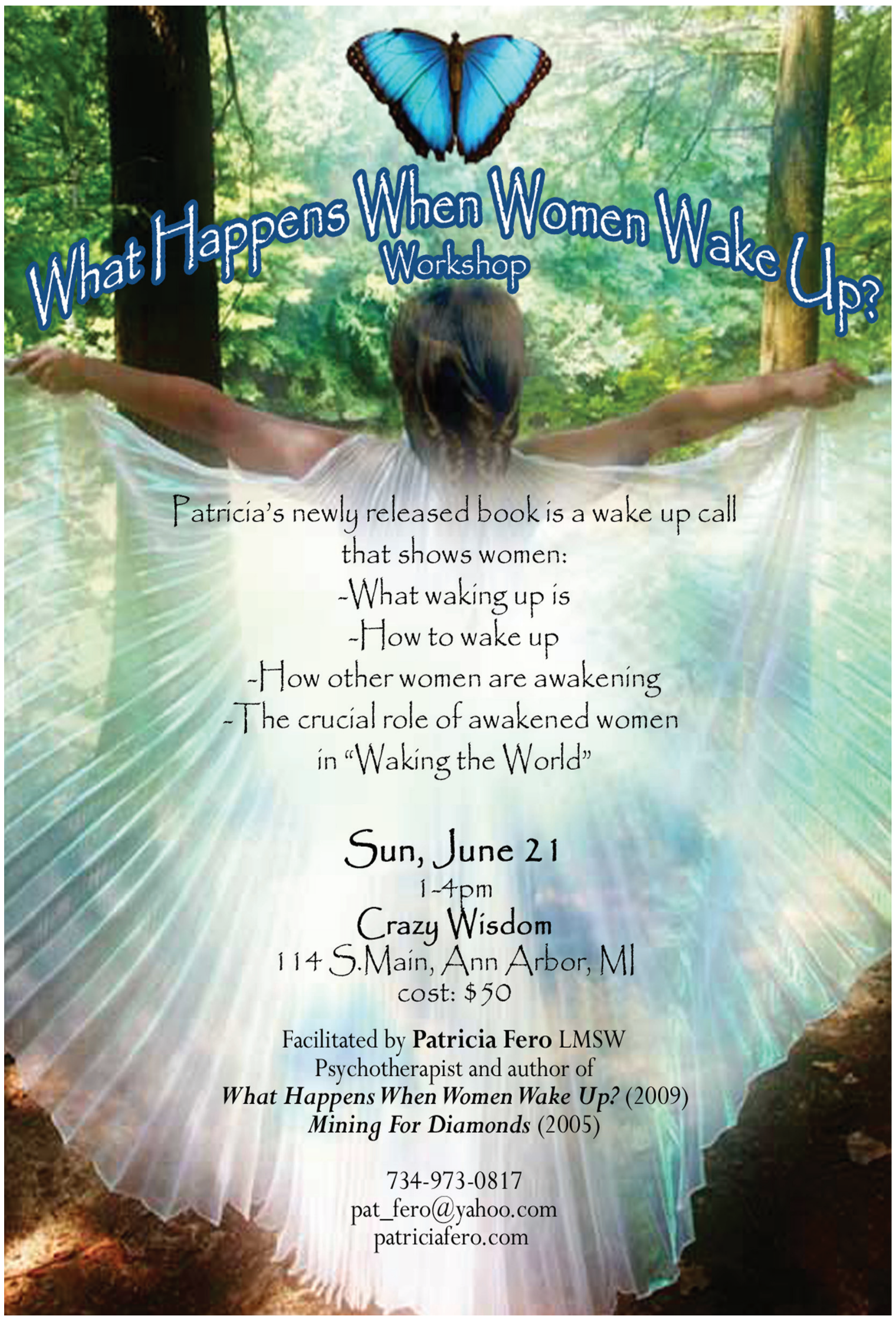

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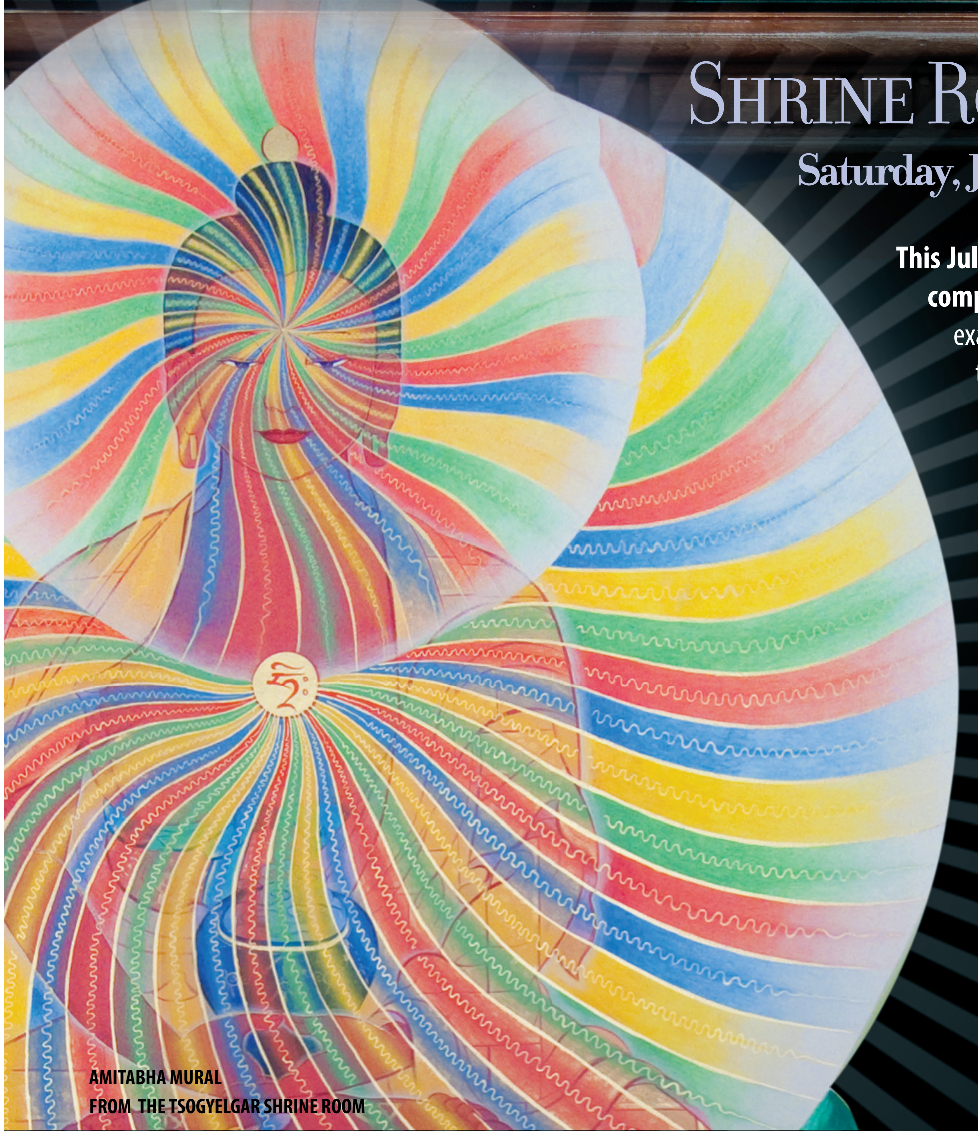

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FROM THE TSOGYELGAR SHRINE ROOM

SHRINE ROOM GRAND OPENING EVENT

Saturday, July 18, 5:00PM to 8:30 PM–free; open to the public

This July one of America's largest murals of Tantric Buddhist art will be completed and unveiled in Ann Arbor, Michigan. The shrine room at Tsogyelgar is a premier example of the power and beauty of spiritually transformative art. Come join us for a celebration of this amazing accomplishment.

EVENING SCHEDULE

5-6 PM THE TRANSFORMATIVE POWER OF TANTRIC ART: Come join us for Indian food and drink while Rob Davis, one of America's premier Tantric Buddhist painters, discusses the symbols and methods used in Tantric art. Mr. Davis comes to Tsogyelgar from New York city where he trained with Pema Rinzin, Artist in Residence at the Rubin Museum of Himalayan Art.

6-7 PM TEA ALCHEMY EVENT: The Tea Ceremony has long been a meditative and transformative process within Buddhism. Visiting Tea Alchemist Jon Oda from Tea Alchemy in California will guide us through a ritual of tea drinking that balances and harmonizes the body, mind, and spirit, opening our senses to beauty and meditation. www.tealchemy.org

7-8:30 PM GODDESS TARA MUSIC EVENT: Tantric Deities are transformative symbols, awakening the deepest aspects of our intrinsic divine nature. This unique and powerful form of meditation invokes the transformative power of the Buddhist Goddess Tara, Mother of All Buddhas. By bringing voice, breath, and mind into harmony with the healing and enlightening resonance of Tara we experience meditation, serenity and joy.

SUMMER PROGRAMS AT TSOGYELGAR:

Weekly Program
Sunday Mornings 10:30am-noon | First Sunday of each month teachings with Traktung Rinpoche, 2nd, 3rd and 4th Sundays Transformative music and silent meditation

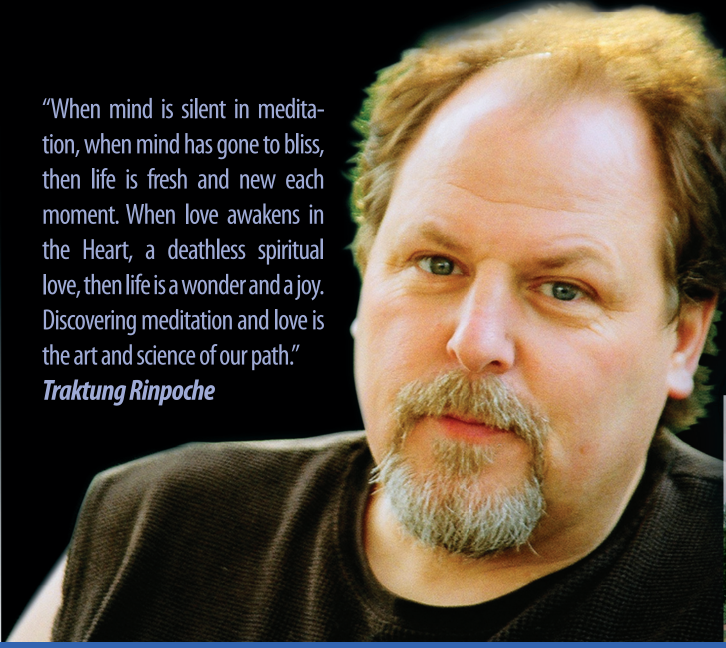
Touching Wholeness: Yogas of Tibet
June 26, 7:30 pm | Free introductory talk
June 27, 9:30 - 4:00 | cost $65

Pet Blessing & Life Release
June 20, 11:00 am | A traditional Buddhist ceremony expressing compassion towards animals, followed by refreshments

Shrine Room Opening Party & Tea Alchemy
July 18 5:30pm-8pm

The Art of Enlightenment
August 8 | With Tantric Buddhist painter Rob Davis

"When mind is silent in meditation, when mind has gone to bliss, then life is fresh and new each moment. When love awakens in the Heart, a deathless spiritual love, then life is a wonder and a joy. Discovering meditation and love is the art and science of our path."
Traktung Rinpoche



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